The Crazy Wisdom Community Journal

Issue No. 30

Including A Free Calendar of Local Classes, Workshops, and Events
MAY through AUGUST 2005

——Excerpts from Aura Glaser's New Book——

Plus Articles By: Helen Weingarten, Debbie Merion, Sandra Finkel, Ema Stefanova and Petula Brown

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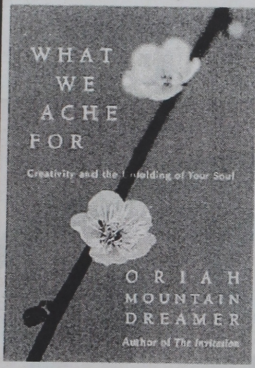
A Special Mother's Day Treat...

Oriah Mountain Dreamer

to appear at

Crazy Wisdom

Oriah will sign and discuss her new book
What We Ache For:
Creativity and the Unfolding of Your Soul
Mother's Day • Sunday, May 8th at 2:00 p.m.



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~ Oriah Mountain Dreamer

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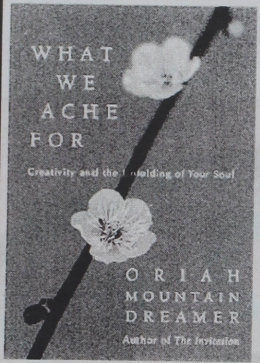

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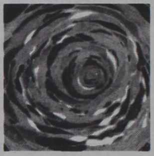

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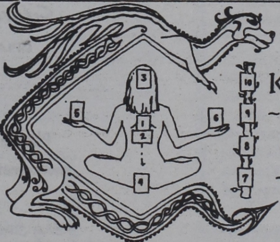

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Practitioner Spotlight: Erinn Fraser

by Sarah Daher

Amidst a very stressful week last winter, and during the contracting cold of the season, I phoned **The Joyful Body**, a new healing center in downtown Ann Arbor which opened last August. **Todd Sargeant and Erinn Fraser**, co-owners, partners, and practitioners, were very generous in offering me a holiday gift certificate for bodywork, and it was a welcome opportunity I looked forward to with great anticipation and gratitude. Located in an historic three-story burgundy house on West Huron, their offices are a comfortable and peaceful sanctuary designed in calming colors. Great care is given to the atmosphere to create a healing oasis with lovely crystals lining the shelves and windows, gentle music, and soothing water fountains.

The Joyful Body offers an extensive menu of bodywork services, including many types of massage, energetic bodywork, hot stone therapy, craniosacral therapy, and other healing modalities. Todd Sargeant is a Grandmaster in Reiki and Seichim, as well as an advanced practitioner in Hawaiian Lomilomi. He is also trained in reflexology, acupressure, and crystal/gemstone facilitation. Erinn Fraser, a graduate of the Ann Arbor Institute of Massage Therapy and current Public Relations Chair of the Michigan Chapter of the American Massage Therapy Association, specializes in relieving chronic back, neck, hip, shoulder, and jaw pain. She often works with craniosacral therapy and somatoemotional release, a method that uses gentle touch, dialoguing, and the client's awareness to relax restrictions of the central nervous system. The Joyful Body is the sole practice of Todd and Erinn, although they are currently looking for another experienced massage therapist, energetic bodyworker or craniosacral therapist to round out their offerings.

Prior to my session, I had in mind what bodywork therapy I wanted, but Todd and Erinn have a unique approach to client's health. Erinn first asked to talk with me about how my body was feeling and how I'd like to feel after the session. She then devised a treatment based on what she felt would best serve me and my healing. It is a holistic approach and allowed me to release preconceived notions of the session, which opened me further to receive from Erinn.

Having a ten-year neck injury from a minor car accident, I'm usually anxious to have practitioners work on this area. Other than that precaution, I was open to anything, and mostly wanting to help relieve my emotional stress. Erinn's work almost defies description in that it is a highly intuitive approach, surpassing simply relaxation massage. She "reads" the body, asking it where and how to begin. She then discovers what needs attention most and how best to release stored tension, discomfort, and pain. She surprised me in what she found within my own body, increasing my awareness of what my body may be holding and the patterns it has formed.

The session itself was a combination of quiet craniosacral work with *very* slow, deep tissue manipulation. Her technique was subtle overall, but with an intensity to its subtlety. There was healing in the quietude, in the gentle holding of my head and spine. The work generated a great deal of heat, and opening of contraction. Apparently I have more work to do to begin letting go of my neck trauma! But I felt I could trust Erinn to help me release this long-standing tension. After the session, I was given purified rose water to help cleanse my aura, and for the rest of the day, my heart felt more calm and more open. Erinn's work helped me feel grounded in my body, more centered amid emotional distress. It was truly very helpful, and I believe therapeutic on a physiological level as well.

Is there a downside? Well, The Joyful Body is located on the second floor and, from what I could tell, there is no elevator access, making it difficult for some folks to reach. Besides that, Erinn's work doesn't come cheap. That's a straightforward way to say it, but I do feel relativity in that statement. Seasoned, healing bodywork, from a practitioner trained not only in method but guided by Spirit, can be priceless work. Erinn has helped heal many clients with serious, deep, chronic illnesses. How could that ever be thought of as expensive? Whenever I have extra, available cash flow, I can think of nothing better than bodywork on which to spend it. You can receive less expensive relaxation massage in Ann Arbor, but with Erinn, there is a definitive qualitative difference to her work. Even for my fairly minor discomfort, I would love to revisit Erinn. Despite being sore for a few days after the massage, she gave me hope that perhaps I *can* heal my neck!

The Joyful Body is more than an office for massage. To become better acquainted with them, visit their website at www.thejoyfulbody.com. It will begin to introduce you to all they offer, including 100% organic golden massage oils, healing non-caffeine coffee with Reishi mushrooms, rose and orange blossom waters, multiple therapist sessions, and helpful tips for before and after your session. "We offer the rare combination of a beautiful setting and a truly gifted staff," says Erinn. "Not only do we offer bodywork but we offer information, information, information, from food to health to science to the metaphysical, and how it all ties together." Adds Todd, "Our passion is to help our clients connect to the Source of true healing through bodywork. The Joyful Body is the ideal environment for those who are seeking therapeutic bodywork for mind, body, and spirit." Best wishes to Erinn and Todd, and thank you so very much for this gracious opportunity.

Erinn Fraser and her partner, Todd Sargeant, have opened The Joyful Body, a new healing center.

Phone: 827-BODY (2639)
Website: www.thejoyfulbody.com
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If you or a practitioner you would recommend would like to be reviewed in an upcoming issue of the Crazy Wisdom Community Journal, please contact Sarah Daher at 665-2757 or sarah@crazywisdom.net.

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About the Cover Artist, Ruthie Basham

Ruthie Basham attended the University of Michigan School of Art and Design, where she graduated first in her class. She became interested in mysticism and Kabala while pursuing her undergraduate studies there. Basham continues to take classes and attend workshops in world religions to discover universal themes she can use for the personal mandalas she creates. She is also an accomplished ballet dancer. She practices yoga and Tai Chi regularly. Her work hangs in over 200 private collections in Africa, Canada, England, Ireland, Japan, and the US. For more information, you can call her 734.417.3202 or visit her website at: http://www.ruthiebasham.com/

About the Mandala on the Cover

A Mandala is a personal visual prayer. Mandala is the Sanskrit word for circle. The circle represents life. It offers wholeness, protection, and sacred space. This powerful, universal symbol has attracted man since the beginning of time. From the stillness at its center to the Dance of Life at its circumference, we are drawn to the sounds and sights that symbolize life. While the mandala is best known in Buddhism, virtually every culture has Mandala symbolism. The Yin/Yang from Asia, Om from India, power totems from Native American tradition, the Star of David and Hebrew prayer in Jewish culture, and Christ, the cross, and the rose within Christian tradition are often pictured in a mandala.

A Mandala can help you discover the rhythm of your life. You can use it for meditation, visualization, and positive thinking. Psychologist Carl Jung used Mandalas for spiritual healing. He understood that the psychological processes of unfolding and integration can be achieved through meditation, healing and prayer. The Mandala facilitates these processes. A Mandala can help you take greater responsibility for your actions and what you do with your life. Focusing on one's Mandala can help maintain good health. For someone who is ill, it can help influence medical outcomes. The Mandala provides a resource for the release of power through self-healing skills.

The mandala on the cover is a Hannukah present from a father to his daughter. She requested "something bold that makes a statement, including her favorite color, yellow." The tulip is a symbol of new growth and springtime. The circles around the outside represent seeds of strength and beauty to help her grow and surrender to the cycles of nature and to the beauty of life.

— Ruthie Basham

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Calendar Highlights for May - August 2005

1) **Dan Millman, Author of *Way of the Peaceful Warrior***
May 1 — (See Personal Growth)
2) **Ina May Gaskin, Author of *Spiritual Midwifery***
May 5-6 — (See Midwifery)
3) **Author Oriah Mountain Dreamer at Crazy Wisdom**
May 8 — (See Author Receptions and Ad on Page 2)
4) **Rizong Rimpoche at Jewel Heart**
May 20-22 — (See Buddhist Teaching)
5) **Ammachi Peace Weekend at Song of the Morning Ranch**
May 20-22 — (See Spiritual Development)
6) **Mainstream and Mystery Festival**
June 5 — (See Ceremonies, Celebrations & Festivals)
7) **Pop! Gallery Show at U-M Museum of Art**
June 5 – September 25 —(See Exhibitions)
8) **Divine the Body Workshop with Author Jan Phillip**
June 10-12 — (See Spiritual Development)
9) **Women's Writing Workshop with Gail Balden**
June 11 — (See Writing)
10) **Psychotherapist Pat Fero, Author of *Mining for Diamonds*, at Crazy Wisdom**
June 18 — (See Author Receptions)
11) **Annual Summer Lecture Series at the Zen Buddhist Temple**
July 12, 19 & 26 — (See Buddhist Teaching)
12) **Buddhist Monk Gayuna Cealo at Crazy Wisdom**
July 13 — (See Buddhist Teaching)
13) **Jain Master Chitrabhanu at the Lighthouse Center**
July 15-17 – (See Jain Teachings)
14) **Together in Faith Conference**
August 6-7 – (See Conferences)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the September thru December 2005 issue is **Wednesday, August 3rd,** and the **deadline for paid advertising is Wednesday, August 24th.** The issue will be distributed starting on September 1, 2005.

5,000 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 45 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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The Crazy Wisdom Community Journal is published seasonally by Crazy Wisdom, Inc.

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Back issues of this publication are available, for $8 per issue. Crazy Wisdom Bookstore was founded in 1982. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar and "Bios" Editor: Sarah Daher. Mandala on the Cover: Ruthie Basham. Artwork in this issue: P.C. Bacon, Mary Gentry. Poetry Editor: Sarah Daher. Staff Writer: Sarah Daher. Writers for this issue: Petula Brown, Sandra Finkel, Debbie Merion, Ema Stefanova, Helen Weingarten. Reduction Wheel Apprentice: Juliana Zirinsky.

The quotes used in the calendar section were found in the book, *Sunbeams*, by Sy Safransky. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them r to be responsible for the acts or omissions of anyone listed.

Writers/Journalists/Essayists Wanted

We're interested in journalistic articles, fiction and non-fiction stories, person essays, commentary, thought pieces, interviews with mind-bending individual other flotsam. For more information, or to suggest story ideas, contact Bill Zi at bill@crazywisdom.net or call him at the store at 734-665-2757.

Photographers Wanted

To take pictures for *The Crazy Wisdom Calendar*. Lousy pay, wonderful expo It's also fun and interesting to meet the people we take photos of: healers, authors, bodyworkers, psychics, professors, holistic and spiritual types, and other fring elements! For more information, contact Bill Zirinsky at bill@crazywisdon r call him at the store at 734-665-2757.

Contemplating Unity in Divisive Times

By Helen R. Weingarten

Illustration by Mary Gentry

Sometimes when I walk my dog, Desiree, around the lake by our house, I don't think about the morning news or my day's schedule; I don't replay last week's frustrating conversation with a colleague over and over again in my mind. Instead, I consciously choose to attend to what's happening around us. A pair of swans, circling high above the lake, suddenly veers directly over our heads towards an unknown destination. I watch a cluster of finches darting in and out of the shoreline brush until Desi, wanting some attention of her own, pulls on her leash to show me how great it is to sniff one fallen maple leaf after another. Because she refuses to budge from her leafy explorations to continue our walk, I finally kneel down next to her and scoop up a handful of leaves to sniff for myself – and only then does she willingly move on. Although, I'm not as captivated as she is by the smell of leaf mold, I must admit, if I follow her lead, I'm more likely to experience being an integral part of nature than if I insist she follow me.

For many of us, we feel most united with the web of life when we're in a beautiful landscape – either alone or with a beloved companion (animal or human). But, even then, it's not easy. Because our lives are filled with multiple responsibilities, we don't often find the time to engage in any activity with our whole minds and hearts. We stare at the night sky, appreciating why our ancestors prayed to the heavens, and in the next instant, our mind jumps to feeling guilty that we haven't called a friend back whose mother was diagnosed with Alzheimer's. We no longer see the North Star or the new moon, because from feeling guilty about not telephoning, our mind switches to feeling resentful – because we were busy at work, or picking up the kids from soccer practice, or trying to find a plumber, or all three – we didn't sit down to eat all day.

I comfort myself with remembering that even the great Mahatma Gandhi once admitted to an interviewer that it was easier to make peace with Britain than it was to make peace within him.

So, for the first time in 24 hours we pay attention to that deep, hungry feeling inside ourselves. And what do we do next? Well, I'm likely to walk into the kitchen, take out the remaining Ben and Jerry's "Cherry Garcia," and settle in to finish the job. But, do I get to do this without interruption? Heck no – because instead of wanting to share the joys of leaf sniffing, my wonderful pooch, Desiree, now wants to share the joys of ice cream. . .and the last thing I want to do at this moment is share.

"Not wanting to share" evokes its own different reactions at different times as well. Sometimes, I see my honesty about what I want and my ability to set limits to be a good thing. At other times, it's accompanied by feelings of embarrassment over being "selfish."

Then, I comfort myself with remembering that even the great Mahatma Gandhi once admitted to an interviewer that it was easier to make peace with Britain than it was to make peace within him. And the Dalai Lama has said it's easier for him to love humanity as a whole than it is to practice loving kindness with the people he lives and works with every day.

I've learned how important it is to accept that nobody's perfect or always consistent. Even the term, "unity," isn't uniformly defined, I discovered as I prepared to clarify my thinking about what unity meant to me. When I did a Google search for "definitions of unity," in less than a second I discovered 60 various definitions which included: *agreement, consensus, harmony, homogeneity, interconnection, oneness, rapport, sameness, solidarity, uniformity,* and *wholeness.* This isn't just a question of semantics. Different definitions have different action implications. For example, if we think of "unity" as "*sameness*" we're likely to be frightened by individuality – our own and others – rather than respect its diverse forms. Understood as "wholeness," unity describes our most intimate relatedness. Being able to fully express who we are in the presence of another (and be accepted) is a central energizer of life.

Yet, the hard fact is that it's often easier to be "true" to oneself among acquaintances than it is among loved ones. We can walk away from an acquaintance who asks us to do something we don't want to do. Talking with a stranger or therapist or hairdresser lets us reveal our failings without having to change them. Commitments create accountability, and accountability creates conflict – because our wants and those of the people we care about aren't perfect fits. In our families, our marriages, and in our communities, we can't always meet our own needs and those of the people we care about, simultaneously.

Ironically, much of our current thinking about unity's complement, diversity, assumes that it's easier to be intimate with people of the same gender, religion, race, ethnicity, or nationality. And, to the extent that our expressions of self have been culturally molded, this assumption contains some truth. But it isn't the whole story. Much of the comfort we feel among people who appear to be like us derives from the safety of belonging – not from the joy of expressing our whole and unique self.

Much of the comfort we feel among people who appear to be like us derives from the safety of belonging – not from the joy of expressing our whole and unique self.

The dilemma we face in expressing who we are is that each of us has experienced the hurt of rejection. We're all guarded. We all have issues of trust. Fortunately, when we do experience being fully recognized and appreciated, many of us feel motivated to extend this to others. The Quaker educator, Parker Palmer, described community (at its best) as the kind of place where the person you most hoped to avoid is always sitting next to you, and you choose to remain in your seat.

Honoring united commitments to ourselves and to others requires acknowledging – first, differences exist. Second, reconciling our differences peacefully is harder than eliminating them by violence. And third, a yearning for unity which can be satisfied merely by belonging to a group – stifles dissent more frequently than it uncovers truth. Even a superficial knowledge of history demonstrates that people will willingly follow tyrants rather than face the fate suffered by those who challenge the status quo in the name of conscience.

Although, science now confirms what spiritual masters have been

Sunset on Matlacha Bay

The offshore fisherman cast and recast their lines
oblivious to the scores of two-foot snook
swimming along the shoreline.
A pair of osprey, this year's perch
bigger by three sticks
from their morning efforts,
nestle down together for the evening.
The water gleams blue and fuscia and gold.
Midstream, a pod of manatee move in total silence,
like the answer to a prayer I hadn't known I was
asking.
Shadowlike, they emerge for the briefest of
moments,
following the current home.

telling humanity throughout the ages: unity is a fact of life; regardless of the diversity of appearances, all forms of matter and energy are essentially unified – most of us are more familiar with yearning for unity than experiencing it. Each of us of us has struggled with conflicts between work and family, self and other. Each of us has been disappointed when our efforts to reconcile differences have been less successful than we hoped and buoyed when they have achieved results beyond our expectation. A poem I wrote a few years ago talks about how frequently what we hope to happen, doesn't. It addresses our inability to

> The Quaker educator, Parker Palmer, described community (at its best) as the kind of place where the person you most hoped to avoid is always sitting next to you, and you choose to remain in your seat.

predict or control the range of outcomes of any of our actions; but it also speaks of hope emerging from the unlikeliest of circumstances – I call it Bell's Theorem after the Scottish physicist, John Bell, who developed the mathematical proof for Quantum Theory's assertion that all matter and energy in our galaxy is interdependent:

I'll be late getting to see my daughter
in Chicago tonight because a deranged man
is shooting people in the Dearborn post office
next to the Amtrak station.
A stranger's rage eddies through space
to cancelled dinner reservations
at Topolobampo for us and an earlier seating
for other hungry patrons – oblivious
to the circumstances leading to their luck,
And who can blame them?
The new physicists tell us
that the stroke of butterfly's wing in Borneo
changes weather patterns across the globe.
Given these conditions, can we ever know
the scope of our involvement – our complicity
in every atom's fate?
Making love in each other's arms last night,
did we cause today's global warming?
Are you and I responsible for the famine
in Somalia?
Death on a sun drenched Thursday in Michigan
eddies to a further question:
Can good come from the worst and suffering
from the best that we do?
In an interconnected universe, an act of kindness
becomes poetry and earthquake.
A cowbird's egg might save the world

Although we can't control the outcomes of our actions, we can decide what we put into them. Intentions don't guarantee results but they direct and shape behavior. Knowledge also helps. My husband, a skilled amateur photographer, has taught me, it's not enough to want to take a great nature photograph. In order to increase the likelihood of getting the results you hope for, it's necessary to understand and respect the interdependence of multiple conditions. Consider the spider web. First, spider webs are most clearly visible early in the morning when dew covered and backlit by the sun. Second, even if the lighting and humidity conditions are perfect, our normal body temperature creates a micro-climate between photographer and web that produce air currents which cause the web to tremble and the dew to evaporate. Third, even if you've done everything on your end to make taking a great photograph possible – you're awake early in the morning; you have a fast camera with a long lens, and you have enough film and patience to take multiple shots – you still can't control the weather.

Was it Quantum physics, or God, or merely coincidence that brought the people we cherish into our lives? "Of all the gin joints, in all the towns, in all the world, she walks into mine," Humphrey Bogart's Rick says of his life changing meeting with Ingrid Bergman's Ilsa in that great movie of love and war, sacrifice and redemption – Casablanca. Every day, we have opportunities to turn chance encounters into meaningful relationships. We have opportunities to unite our individual energy and efforts with those of others, sniff leaves together, turn strangers into friends, and see where the universe takes us next.

###

Helen Weingarten is a retired faculty member of the University of Michigan's School of Social Work. She has a coaching/counseling/consultation practice for helping individuals design a personal and professional life that "fits."

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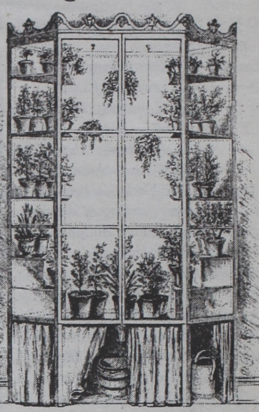

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A Call To Compassion ~ Bringing Buddhist Practices of the Heart into the Soul of Psychology

An Excerpt from the New Book by Local Author Aura Glaser, Co-founder of Jewel Heart Tibetan Buddhist Center

(Editor's Note: What follows are two excerpts from a newly published book by transpersonal psychologist and Tibetan Buddhist teacher Aura Glaser – we have excerpted the Introduction, and a sub-chapter on the Shadow. The book is a beautifully written interweaving of depth psychology and Tibetan Buddhism. It is also a highly original and evocative exploration of the importance of bringing the Buddhist practice of compassion into Western psychology. Aura Glaser is a co-founder of Jewel Heart, the Ann Arbor-based Tibetan Buddhist organization. Glaser was also the original owner of Crazy Wisdom Bookstore, from 1982 to 1989. We are delighted to be able to publish these excerpts from Aura's book in The Crazy Wisdom Community Journal.*)*

A Call to Compassion—Bringing Buddhist Practices of the Heart into the Soul of Psychology. Published by Nicolas-Hays, Inc. Copyright ©2005 Aura Glaser. Reprinted with permission of Aura Glaser, and of Nicolas-Hays publishing company.

Introduction

This book is about bringing heart into the soul of psychology. It is about connecting a psychology of soul with a psychology of compassion. Though much of psychology circles the vale of compassion, nowhere does it make compassion central to the foundation, process, or goal of psychological health and wholeness. Nowhere is compassion the principal context and focus of psychological work. On the contrary, the paradigm of scientific objectivism influenced the field, from its earliest beginnings, to adopt a stance of *dis*-passion. It is time to call compassion out of the shadows and margins and bring it openly into view.

Whereas dispassion suggests a detachment born of distance, compassion suggests a caring born of closeness. Compassion moves toward; dispassion moves away. Compassion connects, dispassion divides. Dispassion separates the observer from the observed; it separates self from world, me from you, and us from them. Such distancing fragments feeling, leaving us capable of only superficial emotion and nostalgic sentimentality. Rather than promoting ease or freedom, this attitude breeds estrangement from others and self-alienation, which, not surprisingly, are among the most pressing problems of our times. Looking to the roots of the word "alien," we find it is related to the word "unlinked." Unlinked and disconnected, we experience ourselves as spectators living on the sidelines of our world.

Our modern perspective as bystanders and spectators has become so extreme that we are

Dispassion without compassion is like light without warmth, or head without heart. It simply is not enough.

now "a species whose condition of distance can allow it to contemplate the nuclear destruction of possibly the entire planet, and in the face of that possibility still continue to program the planet for destruction." In the process of distancing, we have plundered and "de-souled" our bodies, our planet, and, in fact, the entire cosmos. It is no wonder we despair.

The origins of psychology reveal a precarious allegiance to dispassion and distance. Caught in the paradigm of their day, early psychoanalysts embraced the widespread belief that intellectual rigor and critical insight depend upon a singularly objective, dispassionate eye. From this perspective, inter-subjectivity and relatedness defile the pure methods of science. If psychology was to be accepted as a science, it had to promote a dispassionate perspective. Ironically, the field of psychology is itself a response to a *dis*-passionate distancing that had actually severed the connection between the most intimate of companions—mind and body. The mind, in its growing orbits, took flight away from matter. And the body, condemned to silence, retreated to the shadows.

The abandoned body stepped out of the shadows and entered Freud's consulting room, expressing itself in the symptoms of hysteria. The hysteric's symptoms mystified. Hysteria resisted comfortable reduction, because it could not be explained as either a physical malady or a psychiatric illness. Its disquieting emergence directly challenged the prevailing belief that body and mind were fundamentally unrelated. The symptoms of hysteria were neither strictly physical nor exclusively mental, leaving open a third possibility: that body and mind were not separate, independently existing phenomena. Body as machine could never be symbolically symptomatic. Nor could mind separated from matter produce physical symptoms. The symptoms of hysteria were a symbolic communication, "the word 'symbol' being taken to mean the best possible expression for a complex fact not yet clearly apprehended by consciousness." To Freud's credit, he had both the curiosity and the daring to explore the symbolic terrain of body-mind language.

Through probing the subtle inter-relationship of body and mind in symptom and dream, psychology began to emerge from the shadow of the dispassionate mind, but without actually escaping its iron grip. We find the imprint of a dispassionate science throughout the literature, dating back to Freud's injunction that psychoanalysts model themselves upon surgeons, putting aside all feelings, "even human sympathy." Unfortunately, such one-sidedness is just that—one-sided. Dispassion without compassion is like light without warmth, or head without heart. It simply is not enough.

We need to talk about compassion and teach about compassion, because compassion awakens the heart. Compassion educates the heart. The word "education" derives from the

Psychologists are expected to diagnose and treat psychic pain, but they are not expected to study or talk about compassion. In a field devoted to working with the suffering soul, we have left the practice of compassion to the winds of chance. To say it may sound unbelievable and absurd, but it is true.

Latin *educare*, meaning "to draw forth." No one's education can truly be considered complete without this drawing-forth of the heart, yet well-educated people throughout the world, including those in psychology, receive diplomas, credentials, and all manner of recognition, without ever having studied the value of compassion or how to develop it. Psychologists are expected to diagnose and treat psychic pain, but they are not expected to study or talk about compassion. In a field devoted to working with the suffering soul, we have left the practice of compassion to the winds of chance. To say it may sound unbelievable and absurd, but it is true.

The insight conveyed in consulting rooms, classrooms, books, and training programs needs to draw on a great deal more than a keen intellect, or a wealth of stimulating theories and concepts. It must also call forth the intelligence of the heart. Compassion is key to this intelligence, yet the cultivation of compassion is rarely discussed, and then only timidly and fleetingly at best. As Lewin aptly notes, "Our silence about compassion is a silence about the central possibilities of our own natures." This silence is not golden.

Compassion must be central to a therapy that calls itself a "talking cure," because communication is, at the core, a matter of heart. Paracelsus spoke to this hundreds of years ago when he remarked, "Speech is not of the tongue, but of the heart. The tongue is merely the instrument with which one speaks." Moreover, the heart is the seat of the soul. Depth psychology has grown out of a deep reverence for soul and its searchings, its making, and musings. Soul has persistently and unfailingly goaded analysts to explore the improbable, the unknown, the perplexing, and the difficult. Yet, as I look around, I find soul still searching for its heart, not unlike Psyche searching and longing for Eros. We must bring heart into the soul of psychology.

My own call to compassion grew, as such things often do, in the ground of my personal experience. Born into a family of Holocaust survivors, I experienced the Holocaust as a silent witness to the redemptive miracle of existence. Always hovering in the atmosphere of our home, it seemed for a long time that silence was the only space vast enough to contain the Holocaust's inconceivable landscape of grief and horror. Language faltered in the face of speaking the unspeakable. But no words were needed for me to see the scars of indifference, cruelty, and brutality, and of efficiency wedded to loathing. The numbers tattooed on the arms of those close to me, the screams in the nights, were among innumerable, ever-present reminders.

Questions concerning human nature were never far from my mind. As a child, I wondered about evil—my own and others' capacity for it. I couldn't find a sure and impassable line separating myself from others who were capable of perpetrating or passively permitting such atrocity. These perpetrators of genocide were not an alien species; they were all human beings like me. No matter how much I wished it to be otherwise, I could see that this was true. This awareness had a powerful impact on me, intensifying my desire to understand what it means to be human.

Simultaneously present was the miracle of love in the ruins; love that was stronger than every cruelty; love that bears all things and will not die. My great-uncle Joe often came to visit when I was very young. On one such occasion, as I sat on his lap, he asked me to name the people I loved the most. After pausing for a moment, I responded with confidence, "I love everyone!" My father was present for the exchange, and anyone who has heard him telling stories over the years has certainly heard him recount this one. The light in his eyes, the sparkle of delight as he recalled this moment, seemed to reflect his delight at the sovereignty of love. Perhaps more powerful than the miracle of his own survival was witnessing his child seeing the world with eyes of love.

The trajectory of my life has been deeply influenced by an early and intimate awareness of the pain and suffering we humans can both endure and inflict. Equally influential has been my experience that human beings, even when stripped of all we consider human dignity, even in the wake of a world mercilessly destroyed and left in wreaths of smoke, even when deeply wounded and scarred, can access the greater power of love.

Transpersonal psychologist and Tibetan Buddhist teacher, Aura Glaser

In the teachings of Buddhism I found a path resonant with heart and soul, and an invitation to explore deeply the power of the human heart and the evolutionary possibilities of human life. The practices of the heart introduced in this book come from the soul of this timeless tradition.

Exiling, Retrieving, and Redeeming the Shadow

Shadows, shadows everywhere! The shadow of evil empires and holy war, the shadow of bright desire, the shadow of lost love and of love that is found, the long shadow of ashes in my mother's eyes and in my father's voice when he speaks wistfully of his childhood village, the shadow of my womb both empty and full, the shadow of the righteous condemning others in the name of God, the shadow of dogma and vengeance disguised as justice, the shadow of angry gangs on the streets, and of prisons bursting with young lives. The shadow of the reasonable mind in the tangled and tortured body of the hysteric. The shadow, in this moment, on the wall behind me. The shadows dancing and playing beneath my fingers as I type away on my keyboard.

Left in the margins, on the periphery, and in the deeps, the shadow grows, gathers, rests beneath, below, behind, under, within, circling round events, thoughts, words, and flesh. The shadow, if sent off to a netherworld to brood, ruthlessly severs bone from blood. This is why, against all odds, Jung believed humanity was ethically bound to unite the seemingly irreconcilable opposites of light and shadow, bringing them face to face and finding on the distant shore of their worlds the inseparability from which they arise. Such an undertaking is difficult but necessary, because only a journey into our own darkness can bring the spark of consciousness to the lowest, most unredeemed elements of nature and deliver the uncommon jewel of life—wholeness.

It is easy to understand the lure of freedom from the burden of shadow and the reluctance to enter a realm we imagine so distant that it leaves only the faintest trace of scent and print. It took a Herculean effort to escape the dominance of unconscious life, to slay the dragon and abandon the weighty body with its endless gravity. This evolutionary achievement, according to Jung, is celebrated metaphorically in the many myths of the hero's journey that have fascinated humanity. Throughout Western history, the shadow has been imagined as monster, dragon, alien, Frankenstein, or Gorgon. The hero bravely battles with the monster of collective slumber, finally killing it—free at last—free from the tenacious claw of unconscious life, and soaring victoriously to spirit.

In Jung's three stages of individuation, the first, *unio mentalis*, is just this. The soul leaves the body and joins spirit, freeing itself from the yoke of earthly desire and longing. As a unity, soul and spirit rise above the torpor and turpitude of flesh, bringing forth the accomplishments of culture. This stage became confused with the goal itself, and a brazen enthusiasm for mastering nature and separating light from dark and heaven from earth has become the lauded hallmark of modern society. There lurks a menacing hubris in this declaration of victory over matter. It invites collision with the tooth and fang of the unconscious, making us unwitting slaves of its darkness. When the abandoned body of the hysteric entered Freud's consulting room, sending out the clarion call that constellated the entire field of depth psychology, this shadow made its presence known.

Assimilation of the shadow connects us to our animal body; it connects us to the paws and claws, the long tail and wild, soft, flesh of animal life; it connects us to the archaic in our nature; it connects us to the rejected and split-off parts of ourselves. Tending the shadow brings us into contact with pain and darkness; it is like tending a festering, neurotic sore. This festering sore is not only present in the obvious suffering and difficulties of life. As Jung suggests, "even our purest and holiest beliefs can be traced to the crudest origins." And despite our reluctance to acknowledge this, Jung is unequivocal that transformation is not possible unless we become much better acquainted with our own nature.

> Always hovering in the atmosphere of our home, it seemed for a long time that silence was the only space vast enough to contain the Holocaust's inconceivable landscape of grief and horror. Language faltered in the face of speaking the unspeakable. But no words were needed for me to see the scars of indifference, cruelty, and brutality, and of efficiency wedded to loathing. The numbers tattooed on the arms of those close to me, the screams in the nights, were among innumerable, ever-present reminders.

Jung's psychology centered on his conviction that an innate impulse to wholeness exists as an *a priori* human birthright, and that fulfilling this call is "the goal of life." The question for Jung was not, as it was for Freud, whether or not the impulse to wholeness exists, but whether or not one consciously activates it. The experience of wholeness is the equivalent of becoming oneself. Individuation, or wholeness, comes about by means of integrating conscious and unconscious processes, beginning with the shadow. Incorporating the shadow establishes a dynamic, magnetic, gravitational, erotic field—an ensouled body.

The Sufis tell of a man who was so virtuous that the angels offered him the gift of miracles. They offered him the gift of healing hands, the ability to read minds, the gift of flight, and many others. He refused them all. Finally, they insisted that he choose, or they would choose for him. "Very well," he replied. "I ask that I may be able to do great good in the world without myself or anyone else knowing it." The angels granted this request by deciding that every time the saint's shadow was cast behind him, it would have the power to heal illness, to comfort the inconsolable, and to bring joy in place of sorrow. Wherever he walked, his shadow caused dried rivers to flow, withered plants to flower, and brought gladness to the hearts of men, women, and children. The saint simply went about his life, and all this happened in his wake. After a time, his name was forgotten, and he was simply called the "Holy Shadow."

Although our conscious, reasonable minds are convinced nothing of value can possibly be found in the dung heap of our darkness, we need only recall the name of Ploutos, or Pluto, Lord of the Underworld and giver of wealth and bounty, to recall the fruitful nature of this darkness we fear. To retrieve the shadow is to retrieve our own treasury. The journey of individuation necessitates meeting the black shadow we carry, the *sol niger* of the alchemists, the inferior and hidden parts of the personality, the weak underbelly of our strength.

This process is so difficult, "it verges on the impossible." The shadow is "dangerous, disorderly, and forever in hiding, as if the light of consciousness would steal its very life." But this difficulty and danger must not stop us, for, unless we mine the silver of the unconscious, "the end remains as dark as the beginning." Life will be lived, but its essence will remain untapped, its fullness denied. Conversely, if we consciously embark on a journey to wholeness, willingly meeting the shadow, "so much darkness comes to light that the personality is permeated with light, and consciousness necessarily gains in scope and insight." The opus of individuation ends with the Self—a symbol of wholeness "that resolves all opposition and puts an end to conflict, or at least draws its sting." The *lapis*, or Philosopher's Stone, the once despised and reviled symbol of the Self, transforms into that which is valued above all else. So it is with the shadow and its illumination.

> Assimilation of the shadow connects us to our animal body; it connects us to the paws and claws, the long tail and wild, soft, flesh of animal life; it connects us to the archaic in our nature; it connects us to the rejected and split-off parts of ourselves. Tending the shadow brings us into contact with pain and darkness; it is like tending a festering, neurotic sore.

I find it compelling and instructive that Jung also used the image of the orphan to symbolize the wholeness he envisioned. The figure holding out the promise of wholeness is a denizen of margins and shadows. The Indo-European root of the word orphan, *orbh*, means to separate, to pull asunder. The image of the orphan reminds us that separation from comfortable and familiar ground takes us through the heart of darkness to the heart of wholeness. The one who is homeless and alone is, paradoxically, the one who guides us home.

The orphan lives in the uncharted wilderness of world and cosmos, embracing it as bride or groom. Cutting the navel string, not physically or literally, but imaginally and psychologically, is the necessary condition that allows the orphan to commune with all of existence. Not bound by the familiar and limiting identification of tribe, nation, race, or religion, the orphan, in belonging to no one, belongs to all of life. Being nobody, the orphan is everybody.

The image of the orphan is timeless; it evokes the uniqueness and differentiation from collective values that characterize individuation. Resonating deeply within the collective, the orphan stirs in each one of us and reminds us that the cornerstone of our uniqueness is discovered in the shadow of our abandoned and rejected selves.

The projection of our individual shadow accelerates the already rampant spread of the collective shadow that we hear shouting from every corner newsstand and every evening telecast. This untethered, collective shadow is like a radio broadcast hailing the myrmidons of darkness. It perverts our systems of justice; it creates weapons of mass destruction; it fuels terrorism; it destroys rainforests and wipes out wilderness and wildlife; it steals from the poor and gives to the rich; it oppresses women and despises the "other"; it silences the voices of freedom; it shamelessly poisons our air, our food, and our water, bringing our planet and all its creatures to the brink of a great yawning abyss. The dangers of this split-off collective shadow are immense, and yet the opportunity for transformation is equally great. Jung commented on the razor's edge we walk: "In one sense this is a catastrophe and a retrogression without parallel, but it is not beyond the bounds of possibility that such an experience also has its positive aspects and might become the seed of a nobler culture in a regenerated age."

As we turn to face the shadow, it pulls us like an irresistible force field into its forbidding depths. It confronts us with our self-deceptions, our rationalizations and lies, and the countless ways we sacrifice others to satisfy our narrow selfish aims. Such realizations make us wince. We feel like jumping out of our skins and destroying this dark twin, this evidence of our horribly imperfect selves. But the shadow cannot be destroyed, and our efforts to do so only feed its dark belly. We come upon the perplexing and paradoxical truth that the transformation we seek can only come about through awareness and openness, and that "condemnation does not liberate, it oppresses."

Facing ourselves, as daunting a task as it may be, is only the beginning. We cannot stop there, because the shadow asks far more of us. It asks for a love that is strong enough to bear our every darkness.

There is no other way. Can we extend ourselves to the broken, the wounded, and the weak parts of ourselves? Can we enter the ruin and rubble, the perversions and holy horrors of our lives? Can we find love and compassion for our own sickness and weakness? Love and compassion are the weapons of the post-heroic revolution. There was a time for slaying the dragon, and we did. Now, we must use the gift of consciousness and place our feet in the serpent's mouth. The shadow, like the unconscious itself, is more than a cauldron of darkness; it is also a beacon pointing toward greater light. It is both *prima materia* and *lapis*. The shadow is both the awful monster seeking redemption, and the suffering redeemer leading us on our way.

###

My Grandmother's Spirit Is Showing Me Her Pearls

by Debbie Eisenberg Merion

My first psychic was a woman I nicknamed the "reluctant psychic" (RP for short). She used to sell computer software for a large company, so she had the petite, tailored, well-groomed look of an older Carly Fiorina wearing something from Chico's or St. John's. She became a psychic because she was picking up spirit messages sent to her boss from people who had died. I can just imagine their office meetings.

I had sought out the RP in 1994, after I was stirred by an article on local psychics in the *Ann Arbor Observer*. I ended up talking with her many times, and each time she recorded the conversation on a cassette tape for me. Often I taped, too, as a backup. I sat at her kitchen table during my first reading as she said:

RP: Your grandmother [who died in 1982] is telling me you talk to her picture.
Deb: Yes, that's true.
RP: She's showing me pearls.
Deb: Oh, yes. She wore pearls every day. That was a part of her.
RP: Really? I wasn't going to say it, but it came in three times, and I have a rule that if something comes in three times, I just say it. My grandmother was a farmer and never wore pearls, so I couldn't imagine any grandmother doing that.

The author, Debbie Merion, at age 20 on her wedding day in 1976, with her grandmother, Bessie Rudnick.

I recalled the soft, freckled skin of my beloved grandmother Bessie. My mother's mother was far from a farmer — she and my grandfather owned a Philadelphia tailor shop, and I never saw her wear anything but dresses. She was a Russian immigrant who people called "ladylike" and "old world." During visits she'd serve me a little plate of fresh-baked vanilla cookies in front of her TV. I tasted her deep love in their sweetness. Grandmom wasn't stern but she was serious; I don't think she would have been amused by the RP's disarming quirkiness like I was. As I listened to the RP, I also became aware of another conversation—this one inside me:

Deb: *How does she know these things? No one ever heard me talking to Grandmom's picture. She couldn't have read my mind about the pearls because I had forgotten about them until she reminded me.*
Deb: *Don't be a fool; she could be a fake. Just answer her in monosyllables.*
Deb: *But what if she really is hearing Grandmom? It feels comforting, and it's proof that death isn't black and empty.*
Deb: *This is intense. I want more.*

The RP had her own struggles. Occasionally she'd mail out a letter: "Unfortunately, I can no longer provide the service of communicating with dead loved ones," and then six months later I'd learn she was once again helping clients connect with, as she called it, "the other side." She'd complain that some spirits of the departed had no sense of timing or decorum; she'd be dripping in the shower and they'd rudely drift in before their scheduled time. Worse still, she'd get sick often, which she attributed to her workday stress. For me, her self-doubts and problems were like a slip showing under a movie star's gown—they made her seem less practiced and more down-to-earth.

> ...I have no idea how someone can die, but continue to communicate with me in a way that seems like she's still there talking. These conversations feel so comforting that I wish my skeptic would find a different issue to doubt. But ironically, my skeptical side keeps me paddling through these rough waters.

It was disconcerting how she sensed aching curiosity under my glossy veneer. She urged me to visit a study group that she held in rented office space in Plymouth, so I could connect with others who had had psychic readings. Deb-the-science-loving-technical writer immediately said "no thanks," guarding Deb-the-spiritual-searcher from hanging out with more people like the RP.

However, on more than one occasion I found myself sitting in a semi-circle with the RP and others, mostly women, staring at a volunteer who was lit by a single light bulb. We were practicing doing a "reading." The instruction was simple, a bit too simple I now understand: just say what comes to you. Some people saw spirits ("I see a man over your right shoulder," they'd say) but I never did. Perhaps I belonged in a remedial reading class. But I was sincere; I tried. When I saw images in my head — a puppet, a man on a motorcycle — I'd mention them. Sometimes they'd even resonate with the person we were reading and the dots would connect.

In 2002, the RP quit and un-quit again. Feeling vulnerable and annoyed, I resolved not to call her any more. Then, on a visit to Crazy Wisdom's tea room, I saw Diane Evans's little signs for Saturday drop-in sessions with a psychic. I'd sit across the table from her, while she revealed new layers of my life in images and allegory, as though she was speaking a song Joni Mitchell had written about me. Although she was not a medium who communicates with dead people, she gave me something the RP never did: a role model for a woman who trusts and nurtures her own intuition. I studied with her, and three of my friends did too.

Like a gardener tending a little patch of vegetables who fantasizes about eliminating trips to the grocery store, I wondered if I could eventually learn a psychic's skills well enough to hear Grandmom myself. Cut out the middleman, cut out the doubt. But my education, revealing as it was into a psychic's methods, had merely baby-stepped my own psychic fluency from pre-school to kindergarten mutterings.

In the fall, the action in my psychic life really picked up. My dear friend Carol Adams had just died from breast cancer (my story about Carol was published in the last issue of the *Crazy Wisdom Community Journal*). Though I had held her thin hand as she passed away, I still felt a childlike confusion: Where was she now? I shared my grief with my synagogue cantor, Annie Rose, during a walk over crunching maple leaves. Annie and the temple choir were important to Carol and me. Though Carol was Catholic and I'm Jewish, spirituality and music connected us like pearls on a string. Annie added one more pearl when she surprised me with the revelation that she shared my spiritual explorations: she'd seen a psychic medium named Rebecca Rosen. I asked Annie for Rebecca's phone number.

Rebecca is 27, with a BA, and lives with her husband and baby son in California, though she grew up in a Detroit suburb. She does readings over the phone. I waited three months for an appointment, which occurred over winter break while I was visiting Florida with my husband and kids. I shut myself in the bedroom while we talked. When I emerged, my 17 and 21 year old daughters both anxiously asked "Did she say anything about me?" My older daughter's boyfriend kidded, "Did she have a Jamaican accent?"

I felt numb and slow. Rebecca, though, had talked so quickly I'd call her a speed-reader.

I transcribed the following from the cassette tape she mailed me after the reading:

Rebecca: There's a woman standing next to you, so it has to be a female contemporary, she is showing me cancer.... There was some huge funeral, or huge memorial for her. And she's saying thank you for this, she had either a very funny personality or she was just really fun to be around, she wants you to know that none of that has changed. I am supposed to bring up Jo or Jonah or John, that's a person who would be living.
Deb: Right.
Rebecca: She's trying to send her love, and does she have a son who is living?
Deb: That's John.
Rebecca: OK, we're piecing this together. She's going to the son and she's saying "send my love," so it's her way of saying it's OK, he's ready to hear this or he needs to hear this.
Rebecca: Now she wants me to tell you that she knows your grandmother. Now it may not be in this lifetime that she did, but she knows your grandmother, because she's standing right next to her right now. They're trying to say, all of these people, they know you think about them, that's why they're coming through. I need to bounce back for a minute. Do you have a pearl necklace or necklace that is significant of your grandmother's? She's showing me pearls...

WHOA! Once again, my inner conversation started:

Deb: *Grandmom's showing her pearls again through this new psychic! It must be Grandmom!*
Deb: *Easy, don't jump to conclusions....just pay attention...*
Rebecca: This grandmother is interesting. She loves to give validations [i.e., proof that it's really her]. There is a piece of jewelry that you need to get fixed. Let's say it was the necklace she gave you, or just a necklace in general. The clasp is broken. You'll notice this. You'll say, you know, I probably shouldn't wear it, if this is loose.
Deb: OK, I'll check that out.
Rebecca: You'll know, it'll happen and you'll know, it'll be so you won't lose it.

I had no idea which necklace she meant, but this sure sounded like words that would have come out of my worrying, protective grandmother's mouth.

A couple of months later, when Rebecca came to Michigan, Annie Rose and I drove to West Bloomfield to take her workshop. Rebecca had a sophisticated urban look with her make-up and long brunette hair, knee-length jacket over tight jeans, and trendy black-pointed boots. The smell of sage wafted through the air as she shook my hand when I walked in. She handed me a professional-looking binder of information and a shrink-wrapped CD she had made.

If your body is a river of energy, Rebecca stressed keeping your waters clear. In the binder, "Awakening Your Psychic and Mediumship Abilities," Rebecca wrote that fruit can positively affect your chakrahs (energy centers), and chocolate can have a negative effect on them. After lunch, a plate of mouth-watering chocolate cookies sprinkled with confectioner's sugar had no takers, but the pineapple chunks quickly disappeared.

Rebecca taught us how she protected herself from absorbing negative energy (which, by the way, the RP didn't do). Her techniques, she explained, had evolved as she discovered what worked best for her personally. Rebecca, who is Jewish like me and my religious grandmother, chose to precede readings with the *Sh'ma*, a Jewish prayer. She was confident, and I was comfortable with her.

After the workshop, I reminded Rebecca that during our phone appointment I learned of my grandmother's warning about a broken clasp on a necklace. I wanted Rebecca to know how the story ended. When I got home from Florida, I opened a drawer and picked up the only necklace of Grandmom's that I own: a 1920s crystal pendant on a silvery chain. I like it so much that I wore it in a formal family portrait that hangs in my hallway. My fingers met as I put the two ends together in the clasp. When I gave the clasp a gentle tug, my eyes widened as it made a weak attempt at doing its job, then failed. I ended up holding one end in each hand. My younger daughter asked, "Do you think she knew it was broken before she died?"

I had no idea, just like I have no idea how someone can die, but continue to communicate with me in a way that seems like she's still there talking. These conversations feel so comforting that I wish my skeptic would find a different issue to doubt. But ironically, my skeptical side keeps me paddling through these rough waters.

Carol, my dear departed friend, knew all about my skeptic/believer conundrum. Now, I like to think, she was being as devoted to helping me as I was to her. I can't deny that it was because of Carol that I learned about a Jewish psychic who fluently spoke the spiritual language my grandmother loved to use when she was alive.

Grandmom's pearls are still around. They live these days with my mom in Florida, who shows them off when she slips on a dress for a fancy occasion. She's changed them a bit, combining the two short strands into one long one. I'm pretty sure Grandmom is fine with that. Maybe I'll ask her the next time we're in touch.

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Yoga and Meditation, from Macedonia to the United States

by Ema Stefanova

(Editor's Note: Ema Stefanova has been listing yoga and meditation classes in **The Crazy Wisdom Community Journal** *for a number of years. Having been born and raised in Macedonia, she very much has an Eastern European sensibility, and her Ann Arbor life has been grafted on to that. She is an independent-minded and unique presence in Ann Arbor's yoga scene. We asked her to tell us about herself, her background, and her thoughts about yoga.)*

Yoga and Meditation Teacher Ema Stefanova

Fourteen years ago, on Christmas Day, I arrived in the U.S. for the first time, sponsored by a friend and planning to stay in Michigan strictly for the duration of my graduate studies. I had come here on a sabbatical leave from work I loved in my native Macedonia, which was then still a part of my beloved native country of Yugoslavia. In August of the following year a series of wars started back home, and despite my strong desire to go back and get directly involved, I took my parents' advice and stayed in Ann Arbor. I lived the horror of what was happening over there while leading a normal life here, teaching yoga and meditation as well as languages. Had it not been for my yoga, and lots of amazing, down-to-earth, beautiful people, and the friends I made in this community, I feel it would have been much harder, and at times even impossible, to go on while relatives and fellow citizens back home were going through the horrors of war.

Yoga and meditation have been part of my life since early childhood in one form or another, and have given me tremendous strength at difficult times in my personal life, especially as it has unfolded here in the U.S. I am forever grateful to my parents and all elders in my family, (many of whom are natural yogis) as well as my yoga and meditation gurus, for an omnipresent and loving support at all times. It has been a fun and magical life in yoga. I have been following my guru Paramahansa Satyananda's guidance filled with joy for over a quarter of a century, and I am looking forward to what is remaining.

In this essay I will share my worldview of the current state of affairs in yoga. I have met, lived and worked with gurus, swamis and other yoga teachers from all continents over the years and I have lived or visited and taught in Europe, Asia and North America as well.

> Yoga is not yet another form of exercise, as is often misunderstood, particularly since yoga exercise has gained in popularity recently. The misunderstanding is due in large part to the fact that yoga was originally introduced in circuses in this country.

YOGA IS THE CULTURE OF TOMORROW

Yoga used to be a world culture as archeological findings clearly indicate. Carvings of siddhasana (a traditional sitting pose) have been found in the Mayan culture. Adults and children were both buried in siddhasana in the Balkans, and numerous skeletons were found in graves demonstrating that people were actually buried in this sitting position. Pictographs (drawings) were found in caves in Spain that bear testimony to yoga as well. Mohenjodharo in India is a rich site, one of the oldest archeological yoga sites found on Asian soil. Yoga gurus, yogis, and other spiritual people living yoga agree that yoga at the time of the Atlantis was widespread, and they have predicted that in our day and age there would be a comeback of yoga in the extent to which we are experiencing it right now.

"When yoga comes to every door, that will be the end of yoga." I often remember these words of my guru Paramahansa Satyananda. One could interpret his words in more than one way: that yoga would have fulfilled its purpose since everyone would **be in yoga,** (not including of course those who still only **do yoga**) or that yoga would be so mixed and diluted that true yoga would be completely lost. Which brings us to the important question of what is yoga and what is not yoga, in the sea of yoga and quasi yoga we are surrounded by in the U.S. and most of the world nowadays

Yoga is not yet another form of exercise, as is often misunderstood, particularly since yoga exercise has gained in popularity recently. The misunderstanding is due in large part to the fact that yoga was originally introduced in circuses in this country.

Yoga has nothing to do with whether one can touch one's toes or not, or how far one can stretch one's physical form (also known as the food body in yoga). It is more about evolution of consciousness, individual and collective, through cultivating willpower and self-discipline, and about living in moderation and in harmony with oneself and the environment, according to universal laws that apply to each and every one of us human beings regardless of age, sex, race, creed, or place of birth. True yoga is whole and holistic, and includes yoga practices for all aspects of the personality such as **karma yoga** for the dynamic aspect of the personality, **bhakti** for the devotional aspect, **gyana yoga** for the rational aspect, and **raja yoga** for the psychic aspect, **hatha yoga** being one sub-branch of the latter. The system representing the sum total of these practices is known as **tantra yoga**. Many of these basic systems have been distorted or misrepresented in the west. A lot of true yoga and meditation education needs to be done by conscientious, truth loving yoga organizations, ashrams, teachers and other yoga minded individuals and groups.

True yoga and meditation practices learned from a competent yoga guide and practiced in the seclusion of your own home **regularly,** and applied at work, in school and elsewhere in real life bring joy, are easy and pleasant to do, and would be naturally suitable for one's own temperament, as well as health and other needs. Yoga has always been about an individual's journey, personally guided and nurtured by the everlasting relationship between the guru and disciple. The guru and disciple are filled with total love and respect for each other, even in the case of full time yoga renunciates living in ashrams (traditional yogic communities revolving around a guru), in the world or in seclusion. Therefore, according to tradition there are as many yogas as yoga aspirants in the world; every person's needs and understanding of life and therefore yoga being naturally different. There has never been such a thing as one yoga fits all.

. Unfortunately, most commercially known types of yoga exercise now existing in the western world abound in practices that are at least unnecessary, and in some cases outright dangerous, for most people — the headstand being a widespread example. Amazingly most yoga exercise places do not even check people's health as they join a class!

> There has never been such a thing as one yoga fits all.

Yoga in America has become yet another industry in the last few years. Numerous yoga businesses are run by former businessmen who also pose as yoga teachers, and just about anybody can get certified to teach yoga - even over only a weekend! People are injured in yoga classes! Teachers carry insurance to "protect" themselves from their "clients." Unlike traditional yoga gurus, yogis, and saddhus (traveling monks) who even to this day have always lived totally independent from existing social systems, yoga for so many in the west is just a job done in exchange for money. These teachers' minds are as soft and as undisciplined as those of their students', with egos often bigger than those of the students.

Speaking of the U.S., I would say thank God for places like Siddha Yoga ashrams, the Self-Realization Society, the Vivekananda Monasteries, and other places where yoga is practiced as a way of life, and where it is still alive in its tradition. Various imitations in the form of acting-as-but-not-really yogic communities should be excluded. Dispelling the darkness of ignorance, which is at the root of all suffering, is one of the goals of yoga that is disregarded by so many western yoga practitioners. Inventing new "yogas" (which has been mostly a U.S. phenomenon) has served the purpose of creating confusion rather than dispelling the darkness of ignorance.

The yoga as a culture of tomorrow cannot be other than the same true yoga that stood the test of millennia and enabled the human race to advance through advancing its awareness. The true yoga of today has relaxation and meditation as well as devotion at its heart. More and more people are doing yoga in the workplace, at school, in hospitals, and in jails, to relieve stress, improve concentration and develop or preserve their creativity. Western European countries have been the leaders in these kinds of applications of yoga in real life. Yoga has been integrated in the school curricula in France and many other Western European countries for over 30 years now. There has been a program in the U.S.

> Yoga has always been about an individual's journey, personally guided and nurtured by the everlasting relationship between the guru and disciple.

for teaching yoga and meditation in schools called YES (Yoga Education in Schools) put together by teachers of the Satyananda yoga tradition. These kinds of programs, stemming from tradition and bridging the eons of time, will lay the foundations for the right understanding and practice of yoga as a culture of tomorrow.

YOGA AS A WAY OF LIFE

Yoga is a big and fascinating subject. To fully experience what it is and what it can do for you, I would recommend that you spend at least a month in a truly traditional yoga ashram environment, away from the distractions of modern material life. This should be done more than once in your life, as householders used to do and still do in some parts of the world. Ashram life trains one in personal responsibility, high thinking and simple living. It deflates the ego and lets your true self shine in no time. Mind you, an ashram by definition is a place where there is an enlightened person in the yogic sense of that word, i.e. a guru at the center of it. No substitutes will do!

If spending time at an ashram away from home is not feasible at this time in your life, a genuine yoga and meditation retreat with fasting, yoga cleansing, and practicing inner silence and meditation should be done now and then. This can be done while staying in a quiet place away from home, or if you have enough discipline, in your own environment at home. Ideally this retreat will be put together for your specific needs and goals by a teacher knowledgeable in true yoga. Traditional yoga texts such as the Hatha Yoga Pradipika, the Serpent Power (translation and commentary by Arthur Avalon) are the next best company if you cannot be directly in the company of evolved yoga souls at this time.

LOVE, SERVE, MEDITATE, REALIZE

A lot of what true yoga is about is love, service to the humanity at large, meditation and self-realization. Human life is precious and yoga and meditation are the art form and science that uplifts it and make it even more worth living. Human consciousness is what distinguishes us from the animal world, and true yoga facilitates the transformation of consciousness, offering at first glimpses of, and then completely, life in freedom from desires, fears, envy and jealousy, and the like. How, you may ask? By expansion and liberation of consciousness that takes place through the traditional practices of **mantra, yantra** and **mandala** which comprise the very foundation of every traditional yoga and meditation system. Mantra has to do with practicing meditation using sound, yantra has to do with concentration on mystical geometrical forms, and mandala has to do with meditation on three-dimensional forms that one's mind is naturally drawn to.

OM PEACE TO ALL IN THE COMING YEAR! MAY IT BE A TRULY YOGA AND MEDITATION YEAR FOR ALL!

MAY ALL BE HAPPY
MAY ALL BE FREE FROM DISEASE
MAY NONE BE SUBJECT TO MISERY
MAY ALL REALIZE WHAT IS REAL.
OM PEACE TO ALL
[A traditional yoga prayer]

Ema Stefanova lives in Ann Arbor, Michigan, and has been teaching yoga and meditation in the Satyananda yoga tradition since 1979.

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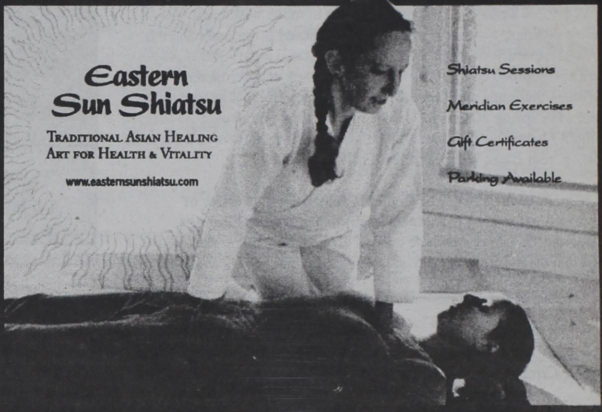

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A Visit to the Cottage Retreat Center in Jackson

By Petula Brown

Serenity. Reflection. Mindfulness. States of mind attainable from a vibrant institution located within minutes of downtown Jackson. At the Cottage Retreat Center (http://www.cottageretreat.org/), visitors are embraced by an oasis of tranquility that aims to be accessible to "all who look for spiritual enrichment in a peaceful, quiet and serene setting." As the Center celebrates its first anniversary within a 2,100 square foot, unassuming house in the midst of the Jackson historical district, it continues to evolve to accommodate a broad spectrum of activities that support holistic health and well being.

Helping visitors "connect the mind, body and spirit to strengthen the whole person" was an early goal of The Center, according to Executive Director Nancy Angelo, a pastoral minister from Oregon with over twenty years of experience. Angelo's vision was sparked by the 9/11 attacks and the general "sense of spiritual dis-ease" left in the aftermath. In her quest to "give people a place to find quiet and get in touch with spirituality," Angelo's concept, a variety of spirituality-focused programs hosted by various community sites, received non-profit status in late 2002. Although a welcomed community resource, the lack of a permanent site was a logistical challenge and limited The Center's ability to stay true to its mission. By spring 2004, The Center found a home in a house on West Michigan Avenue built in the 1920's that had previous lives as a personal residence, real estate business and a child care center.

Photo by Tim Litzer

The Cottage Retreat Center - *(from left to right)* June Hinkle and Gordon Burbridge, Board Members, and Nancy Angelo, Executive Director and Founder.

With its permanent space, The Center is able to offer a variety of programs. Visitors may participate in physical activities like yoga, Feldenkrais, Tai Chi or massage classes. Others may prefer the intellectual discussions on spirituality or the mental respite available via mediation sessions. While programs typically occur in autumn through spring, "one-to-one" spiritual mentoring is available throughout the year. While the Center offers a diversity of activities, they share a common thread – a focus on helping participants understand, explore and revitalize themselves. Such support has been embraced by retreatants and summarized by feedback shared by a recent event attendee, "I've been able to turn inwards and evaluate myself more than anything. It has been a reflective time for me and a time when I know I need to make changes."

In addition to scheduled programs, retreatants may choose to utilize Center resources to engage in self-exploration and deepen spirituality. The Center's library of spiritual resources is open for perusal or for visitors looking for quiet respite. Within the Donette Meditation Room, visitors may engage in private reflection or have prayer candles and remembrance cards prepared for any occasion. Donette Burke, a key member of The Center's inner circle, died from cancer a year before The Center took occupancy of the house. The room's earthy and subdued style is a testament to her influence on The Center.

A new concept to the Jackson area, The Center has brought "a very interesting blend of topics and speakers that haven't been part of the Jackson scene" comments Monetta Harr, reporter for The Jackson Citizen Patriot. The Center has collaborated with a local museum on a children's program and staff members facilitate poetry readings at a local homeless shelter. As The Center continues to evolve, there is an interest in subleasing the facility to provide a venue for other wellness practitioners as well as rental arrangements for private, day-long retreat programs. The Center's outreach efforts reinforce a community focus highlighted by board member Penny Murray. "The Cottage Retreat Center" she comments "is about community... about people coming together on common ground... about people finding peace within themselves when the people of Earth are not at peace."

Upcoming Events

Prayer Circle (every first and third Monday) – 9:30AM

Women's Book Discussion Group (every other Monday) – 10:00AM – Noon

Yoga (every Tuesday) – 10:00– 11:30AM

Poetry at The Center - Every fourth Wednesday. 7:00 - 9:30 PM. Published and featured poets, open mic and discussion. $4.00 Registration. Refreshments available.

Feldenkrais (every Thursday) – 4:00 - 5:30PM

Tai Chi (every Thursday) – 6:00 - 7:30PM

Massage (every Thursday by appointment) – 10:00AM – 3:00PM

Empower & Transform Relationships (Tuesdays, May 3 through 24) - 7:00-8:30PM

Cosmic Walk (Saturday, May 21) - 9:30-3: 30PM

For more information, contact The Cottage Retreat Center (cottageretreat@sbcglobal.net or call 517-796-5670).

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Getting Started: Overcoming Obstacles to Meditation

By Sandra Finkel

Whether it's a group of business executives looking for stress relief from the considerable demands of their life, or a group of spiritual seekers seeking enlightenment, meditation is a powerful and effective technique to bring about a calm, focused mind, increased awareness and a greater sense of control over one's reactions to events. From my perspective as a meditation teacher and stress reduction coach, some of the biggest challenges come at the very beginning. I will explore issues in getting started and establishing a meditation practice.

Meditation is a mind training technique with numerous variations. Initially, some single-pointed concentration method, such as focus on the breath, is taught in order to stabilize the mind. After that, meditation techniques apply a disciplined mind in various ways, such as exploring the nature of reality or generating positive states of mind. When it comes to teaching beginners how to meditate, the initial instructions are fairly basic. It's simple to explain, although not necessarily easy to do.

Illustration by Mary Gentry

The challenge in meditation and other stress reduction work is that it's not about merely conveying information. **It's about behavior change**. Helping others to find the discipline to practice on their own and overcoming barriers to practice is the most important hurdle. In this way, it's similar to adopting any healthy habit, such as exercise or healthy eating habits. We all know exactly what we ought to be doing. It's doing it that's the challenge.

Making meditation a daily practice is the way to reap the benefits. This can be extremely challenging for people who already have enormous demands and little free time, and who are already sleep-deprived. So, my first job is to inspire the participants to meditate on their own, by demonstrating its value and helping them overcome internal resistance and external barriers.

> Each time you notice a distracting thought, let go of it and return your focus to the breath — it builds up mental discipline, mental muscle. So, as more thoughts arise, so do more opportunities to let them go, and that mental muscle strengthens.

Overcoming resistance. There are a number of internal barriers that arise when beginning any new endeavor. This is the realm of limiting beliefs, unrealistic expectations, procrastination, lack of commitment, and so on. Commitment is essential. Although a health scare or other wake up call sure gets people motivated, it's helpful to find compelling reasons to act before that occurs.

Normalizing expectations is also important. I've had people tell me that they've tried meditation before and they just aren't good at it. Why? Because they can't quiet the mind, there are so many thoughts arising. This is like someone who is physically out of shape claiming they can't exercise their body because they're too out of shape. It is the perception that they aren't doing it well enough or that they've failed in the past that is the obstacle. It is very helpful then in getting someone to just accept what is happening and working with it by letting go of expectations and turning anything that arises into part of the practice.

Removing "shoulds" also helps with resistance. Most people enjoy the calm and quiet that meditation brings. Choosing to gift yourself with this time feels much more enticing than feeling there is yet another obligation that one ought to do.

Creating structure. Attending to the external conditions that support a new practice is important. I often suggest starting with a small time commitment, say just a 5 to10 minute meditation session per day. Once that's established as a routine, it's easier to expand the time. My teacher, Gehlek Rimpoche, says that it's good to start with a relatively brief meditation session and to stop when you're really enjoying it. That way you'll be motivated to return.

It also helps to find a consistent time each day to practice, often linking it to one's established routine. When it becomes routine, it doesn't require much effort to remember it. Also, meditating first thing in the morning is great because then it's done for the day, and unexpected activities later in the day won't crowd it out.

I have some clients who never grow their daily practice much beyond ten minutes. Even though the depth of their meditation may be less so than someone whose session is 30 minutes or longer, I've found that it's more useful to meditate routinely than to do a longer session sporadically. Even the busiest person admits he or she has ten minutes.

I often give talks and workshops on stress reduction and introduce participants to some simple meditation techniques. They could go off from there and practice daily, but that almost never happens. Joining a class or working with a coach over six or more weeks is really necessary for most people to make it a habit. Just knowing I'm going to ask them whether or not they meditated during the past week is motivating.

Other approaches include meditating with a buddy or checking in with a partner to support each other. Without structure, the person often winds up feeling like a failure, because they tried it a few times but couldn't sustain it on their own. That failure label is so de-motivating. Better to create the proper support for the practice in the first place.

I often hear from a new student that they forgot to practice. They just expected to remember on their own without reminders. One would never schedule a doctor's appointment without putting it on their calendar, checking to be sure of the time and making sure that they showed up on time. Sometimes, something as simple writing it down makes it a real commitment and the action flows.

Once someone does find the time to meditate daily and makes it part of their routine, we can work on refining the quality of the meditation itself. I rely on the meditator's self reports of what's happening during the session to know what's arising. Two common imbalances that arise within the meditation session itself are discursive thoughts and mental dullness.

Discursive thoughts. This is the scattered mind of a hundred thoughts per minute, everything from planning future events to rehashing old arguments. It can include judgments and commentary on the thoughts themselves. For some people, when they shut their eyes and room is quiet it is absolutely cacophonous inside their heads.

Each time you notice a distracting thought, let go of it and return your focus to the breath — it builds up mental discipline, mental muscle. So, as more thoughts arise, so do more opportunities to let them go, and that mental muscle strengthens. This is extremely useful in everyday situations where, if you are alert to your thoughts and feelings and can let go of the unproductive destructive ones— the anxious projections, the clinging to past events—and return fully to the present moment, your response will be much more skillful.

Mental Dullness. At the other extreme is the condition of a dull, sleepy mind. Some people fall asleep within moments of shutting their eyes. Although, taking a cat nap can feel refreshing, it's not meditation. Meditation involves alertness along with calm abiding. I've found that many people don't get enough sleep at night or sleep poorly. I once asked a group of 40 corporate managers about their health habits. When I asked how many felt they got enough sleep, not one person raised their hands. It's not surprising that when given a rare opportunity to rest, the body complies.

There are many techniques for addressing mental dullness. Getting enough sleep at night is helpful. Some people do well to keep their eyes slightly open, letting in a bit of light, while they meditate. Counting breaths can keep the mind focused and alert.

Although many are drawn to meditation practice for the delicious, serene state they can learn to conjure at will, I get most excited by seeing students apply lessons derived from meditation to their life. Years ago, a woman in my meditation class was suffering from anxiety disorders. She'd wake up 4 or 5 times each night with panic attacks. It also happened to be a very stressful time in her life. She was moving to a new house, her son was getting married and her business was in transition. Frankly, I had concerns about meeting her needs in a group setting, a coaching relationship offering more opportunity for personalized attention to her issues than a class, but I did my best.

After just a few sessions she offered the most amazing testimonial. She had just returned from a week's vacation that was the first time in memory she had had a real vacation from her work. In the past she'd constantly call work, checking on matters, unable to let it go. This time she never once called the business, and was able to stay in the present moment and thoroughly enjoy her week away. Oh, yes, and she no longer woke up in the night with panic attacks since she began meditating daily. Cases like this one reveal the incredible power of meditation and mind training and highlight the tremendous satisfaction in doing this work and making a difference.

Once someone makes meditation a daily part of their routine it is an amazing gift for life. They have developed the wonderful habit of presence and self-awareness. I've run into students years later who still meditate routinely to great effect. But as with other new activity, the biggest challenge is initially establishing the new healthy habit so that it becomes routine.

Sandra Finkel, MPH, is the owner of Intentional Balance, LLC, a life coaching service specializing in stress reduction for businesses and individuals. She is co-founder of Jewel Heart Buddhist Center.

What's New in the Community

This regular column features new happenings within our Ann Arbor holistic community, including new practitioners to the area, new and interesting work being done, special opportunities offered or items otherwise of note to folks like ourselves. If you would like to submit something to be considered for this column, please email to sarah@crazywisdom.net or mail to the store attn: Sarah Daher, 114 S. Main St., Ann Arbor, 48104. The deadline for entries for the upcoming issue of the Crazy Wisdom Community Journal is July 20, 2005.

It's spring, and our community is once again coming alive along with the earth!

Aura Glaser, original owner of Crazy Wisdom Bookstore, has published ***A Call to Compassion: Bringing Buddhist Practices of the Heart into the Soul of Psychology***. One of the foremost students of Gehlek Rimpoche, Aura is a teacher and founder of Jewel Heart Tibetan Buddhist Center and holds a Ph.D. in Clinical Psychology from Pacifica Graduate Institute. In *A Call to Compassion*, Aura discusses how essential compassion is to one's well-being, but how it is often overlooked in the field of psychology. She introduces the Tibetan Buddhist *lojong*, a powerful and effective method for developing love and compassion, with myth, story, and meditation instruction. For more information, see the excerpted piece from her book within this issue of the Journal. Aura can be contacted at auraglaser@cittamani.org.

We've noticed a few new centers in the area worth checking out. **The Studio**, new to Ypsilanti, recently opened to offer yoga, tai chi chuan, bellydancing, indoor cycling, Nia, massage, pilates, and personal training. Located on Packard just west of Hewitt, the practitioners include Julia Collins, Danielle Scaglione, Karen Husby-Coupland, George Valenta, Dona Duke, Beverly Drumm, Naomi White, Aziza Ammar, and Wasentha Young. We're excited about The Studio as its presence is much needed in that area! They are also still looking for instructors. To reach them, contact www.ypsistudio.com or 845–0542.

It's hard to miss the new **Ann Arbor Yoga & Health Spa** on West Stadium! The building's colorful facade invites you to come in and try their yoga and Nia classes, massage, sauna, and cardio room. The studio is pretty and welcoming, and the prices reasonable. For more information, contact www.a2yoga.com or 214–9500.

Another new yoga studio opened last October is **Vishnu's Couch**, a cozy studio tucked away in the sweet town of **Chelsea** on Main Street. Andria Blackwood, owner and certified Hatha yoga instructor who has practiced Iyengar-based yoga for over 20 years, offers many levels of instruction with small sized classes, provided props, easy parking, and a cup of tea after class. Drop-ins are welcome with many class packages available. First trial class is free. As a resident of Chelsea, I was so happy to discover this studio and wish Andria the best! Contact www.vishnuscouch.com or 475–3511.

A new yoga instructor in Ann Arbor is **Heather Foster**. A practitioner of yoga for ten years, Heather is an affiliated Anusara yoga teacher. Anusara yoga helps one to open and expand one's heart while therapeutically aligning the body, and Heather hopes to create an open and secure environment for students to achieve balance, growth, and acceptance through the practice of yoga. She currently teaches at Bodies in Balance Fitness Studio on East Ann Street. To inquire about class levels and times, please call 747–8638.

Sondra O'Donnell, a registered yoga teacher through Yoga Alliance, is also a newer yoga instructor in town. Sondra incorporates Kundalini yoga principles into her various classes, even those for children! She combines the use of complete breath and classic yoga postures to create vitality in the body while reducing stress, and emphasizes the development of internal awareness while increasing flexibility and releasing mental tension. For more information, please call 929–0274.

Having a young child, I'm always searching for meaning activities and offerings for my girl. I recently saw a flier for the **Crystal Kids Club**, a group organized by Kid by Kid, a publisher of spiritual products for children. They offer one workshop per month for ages six and up for children to experience spiritual growth and empowerment with like-minded youth. Past events have included a Native American class (discussing animal totems, making dream catchers, and a drum circle), Crystals, and Angels (including an angel ornament craft and discussion of personal angels). This series sounds wonderful and is much-needed. Check out their listing under Kids & Young Adults in the Calendar section of the Journal. Cost is only $5 per class. A heads up, though. They are located in Shelby township, which is over an hour away, but I know parents willing to drive that far for something to enrich their child's spirit. For more information, contact www.crystalkids.net or 586–781–2345.

My favorite time of year, this is Michigan weather for yard work and gardening! There are two companies that can help you beautify your environment in earth-friendly ways. **Landscaping for the Heart and Soul** helps you create spaces of sanctuary in a friendly, cooperative way. For native plantings, stone work, water gardens, perennials, and garden architecture, contact 761–9144 or heart-and-soul@comcast.net.

To help revitalize your yard and the plantings within it, **Sacred Earth** uses super-biodynamic processes, based on the principles of Rudolf Steiner. A three-part process completed throughout the season, Sacred Earth applies bio prep, an organic and energetically charged horn manure to directly nourish plants. They also sonic bloom with organic sea vegetation and sound-stimulated foliar feedings, and then remineralize the soil with pure glacier powder. All organic and non-toxic, Sacred Earth can also help with weeds and problem insects, and distributes a complete line of safe essential oil products for personal use as well (try their mosquito repellant!). They are folks that care about cleaning up our water systems with earth-loving ways, and each person – each yard – impacts the whole community. For more complete information, please call 834–4179.

Heather Foster is a new yoga teacher in town. She currently teaches at Bodies in Balance Fitness Studio.

Michigan Friends Center celebrates the work and spirit of **Spiritual Eldering**. This program challenges stereotypes of aging and encourages individuals to make a conscious choice to embark on a vital search for meaning and spiritual growth. In ways similar to many religious traditions, it presents themes of celebration, forgiveness, reconciliation, mortality, and leaving a legacy. This interactive series will provide a vision of what growing older could mean. For more information, call 429–7273.

I'm thrilled about the current spring exhibit at The University of Michigan Museum of Art, 525 South State Street. **Gustav Klimt and Egon Schiele: Two Draftsmen of the Vienna Secession** is a remarkable selection of drawings from a noted private collection. Klimt and his follower Schiele were among a group of avant-garde artists at the turn of the century known as the Vienna Secession, who embraced the belief that the arts could renew and elevate humanity. Although Klimt is best known for his exquisite paintings, he was a prolific draftsman, as was Schiele. Scholars of both artists have cited the influence of Auguste Rodin on their work, particularly in their ability to seek expressive meaning and intimate mood in unconventional poses. This exhibition runs through May 22. For more information, call 764–0395.

There are some interesting research opportunities currently. Michigan Integrative Medicine and University of Michigan Cardiovascular Center is sponsoring **Medicine for the Earth: Healing the Heart**, based on the well-known work of teacher, writer, and spiritual healer Sandra Ingerman. The study places participants in one of three groups, including involvement with ancient spiritual practices to help reconnect with nature; nutrition, physical exercise and stress management; or a control group. If you've recently had an unstable angina or heart attack, and would like to participate, there is no charge. For more information, call 800–742–2300, extension 6532.

Have you been "downsized" from your job or found life-long career plans derailed by changes in the economy? Have you thought about doing something different, perhaps changing not only where you work but how you work? Are you rethinking what work means to you and what role it plays in your life? You may participate in **New Work Frontiers: Starting Over, Career Change and Life Change**, a study of starting over through finding new work and family arrangements in a two-year project based in Southeastern Michigan. For more information, contact Brian Hoey, Research Fellow from Center for the Ethnography of Everyday Life at 763-1500 or fax 615-3557; bhoey@isr.umich.edu.

Did your mother have breast cancer? You are invited by **The Chicago School of Professional Psychology** to participate in a dissertation project study of women whose mothers had breast cancer. The purpose of this study is to look at how a woman's mother's breast cancer affects how she comes to think of herself as a woman. All information given will be kept private. If you are interested in participating, call Cheryl O'Toole at 327–0925 or squamous50@yahoo.com.

For dog lovers, **The PetMassage Research Institute** is the only facility in the U.S. that conducts scientific, reproducible studies on the effects of touch, massage, and massage in water on animals. PetMassage uses specific techniques of touch, gentle compressions, and stretching to increase the circulation of blood, lymph, and movements of other bodily fluids. Its purpose is to enhance the mind-body connection to harness and direct the pet's innate powers of self-healing. Participation is limited only to dogs referred

by a licensed veterinarian, and costs $50 for 20 sessions during ten weeks. For complete information, please call 800–779–1001 in Toledo, Ohio.

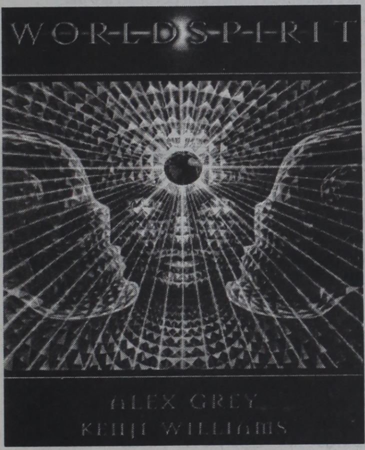
There are also a few centers around the area offering opportunities worth knowing about. **The Leaven Center** opened in 2000 as a retreat and study center for people engaged in movements for social change. The Leaven Center is a place of beauty where you can find rest and nourishment for your body and spirit. It is also a context for bold and innovative programming that addresses significant issues of our day. The Center was born of the conviction that the spiritual life cannot be divorced from an active concern for the world, and that those who work for justice need resources for spiritual renewal and vitality. Located near Lyons, Michigan, with meditative walking paths, meadows, woods, and a spring-fed stream, the Center offers about 30 workshops and retreats each year and is committed to multiracial, multicultural, and multifaith communities. Upcoming events include A Healing History: Drawing Strength from Ancestral Wells – A Workshop and Retreat for African American Women; Discovering Community and Developing Identity: The Fifth Annual Retreat for Disability Activists and Allies; United We Stand: Working to End Racism and Homophobia in Our Communities; and Uprising for Change: The Third Annual Gathering of Young Activists. For complete information, contact www.leaven.org or 989–855–2606.

The Inn at the Rustic Gate is a bed and breakfast, retreat, and conference center in Big Rapids, Michigan located on 146 acres of woodlands and meadows with its own lake and pond. The renovated 1909 structure contains eight bedrooms, private baths, meditation loft, and resident chef. A meeting house seats 35 and an open air pavilion accommodates outdoor gatherings for up to 80 people. The name of their facility comes from the work of Angeles Arrien, who uses the image of a rustic gate to describe the life passage through which we come to terms with our creativity, generativity, and legacy leaving. In the 18 months since its opening, the Inn has hosted artists workshops, yoga weekends, writer's retreats, individual retreats, and book club meetings. For more information, contact www.innattherusticgate.com.

For those interested in medicinal herbal studies, natural healing, and private massage therapy training, and those who wish to support the growth of such a school, **Gaia Center for Holistic Studies** offers many experiential learning opportunities. Classes include a 350-hour Medicinal Herbal Certification program, Massage Therapy apprenticeships, general public interest classes held monthly, and opportunities for herbal research. For other offerings, contact www.gaiahealingarts.org or call Mary Light at 769–7794.

What's New at Crazy Wisdom

by Sarah Daher



WORLDSPIRIT dvd by Alex Grey and Kenji Williams
WORLDSPIRIT is a landmark audio-visual theater experience featuring poetry and storytelling by visionary artist Alex Grey, music by electronic composer and violinist Kenji Williams, and multi-screen projections of Alex Grey's world-famous paintings. It includes a one-hour live performance, a one-hour vocal and instrumental version of Alex Grey's art set to the soundtrack, a 40-minute documentary on the creation of Worldspirit, and a separate cd soundtrack. ***WORLDSPIRIT*** was performed for a live audience at Historic Sweet's Ballroom in Oakland, California. An awesome voyage for Alex Grey fans. $32.95

First Moon: Celebration & Support for a Girl's Growing-Up Journey by Maureen Theresa Smith
Emphasizing the empowering connection between a young woman, her community, and our natural world, ***First Moon*** can boost a girl's creativity, confidence, and body awareness. With facts, safety tips, recipes, crafts, meditations, and inspirational stories, this kit delivers practical guidance for navigating change with grace. Designed to support girls before and during their first year of menstruation, this unique package offers an informative and fun guidebook, a beautiful companion journal, a 13-month chart calendar with colorful stickers, and a reusable keepsake box. In the 11 years I've worked here, I haven't seen anything so nice to give to your daughter or granddaughter or niece or close young woman friend for her first moon. $24.95

The Magical Menagerie: Personal Power through Animal Energies book and deck set by Mike Leslie
Shamans, priestesses, and spiritual seekers of all traditions throughout the ages have asked the animal spirits for guidance. Drawing upon the wisdom of ancient Greek and Celtic oracles, ***The Magical Menagerie*** is a unique animal-based system of divination that forms a bridge between ancient tradition and modern life. Ideal for self-exploration, problem-solving, magic, and divination, each card represents both an animal spirit and an associated elemental quality, including animals drawn from the natural world and the realm of myth and legend. The box includes a guidebook, card layouts, 42-card deck, and black organdy bag. $24.95

The Art of Belly Painting: Everything You Need to Make Your Pregnancy a Masterpiece
A beautiful baby deserves a beautiful belly. Belly painting is the hottest fashion statement around among young, hip moms-to-be, and a cool new way to say, "I'm pregnant and proud!" Learn how to transform your pregnant belly into a masterpiece – and a fun activity into a truly memorable experience. Paint your friend's belly or your own! Kit includes stencils, nontoxic body paint, paintbrush, foam brush, stamp, tattoos, and instructional book. This would be a great baby shower activity! $14.95

Music Reviews

by Sarah Daher

CELTIC

Ocean: Songs for the Night Sea Journey cd by Jennifer Cutting's Ocean Orchestra

Composer/director Cutting convenes a global orchestra of Celtic, symphonic, and electronic musicians for her collage of sea-inspired pieces exploring the rich symbolism of water and its themes of transition and transformation. Heavenly women's vocals (especially in "Call of the Siren"), harps, pipes, fiddle, and accordion fuse with keyboards, bass, drums, and guitar for a song cycle that moves from lush, ethereal soundscapes to energizing tune sets and majestic artsong. This is a deeply varied and beautiful cd, my favorite among Celtic music currently. $15.98

CHANT

Jai Ma: Feminine Voices Sing of the Divine cd of White Swan Yoga Masters

Selected by Sharon Gannon – musician, producer, writer, and yogini of Jivamukti Yoga Center in New York, ***Jai Ma*** offers a heavenly mix of divine women singers as an inspiring complement to your asana practice, or for whenever you wish to bring joy and the sacred into your environment. This awesome collection includes many of our bestselling kirtan singers: Donna De Lory, Deva Premal, Suvarna, and Wah!, among others. A great introduction to this genre and a current staff favorite! $16.98

Grace by Snatam Kaur

Also known as Snatam Kaur Khalsa, this singer in the Sikh tradition of Yogi Bhajan is well-known, although very new to me. Her chanting is traditional Eastern Sanskrit, but her voice retains its lovely Western, contemporary quality. The pieces vary from slow and quiet to inspiring and lively. Classic instrumentation on harmonium, tabla, violin, and flute carries you throughout the cd. An ideal complement for yoga, meditation or kirtan, with translations inside the liner notes. Reverence and devotion are the descriptions which come to mind. We also carry her ***Shanti*** cd, an equally beautiful recording. Although I'm able to listen to our store cds at any time while I'm working, I bought both of Snatam Kaur's cds, and have listened to them at home each evening since. $17.99

WORLD MUSIC

Flores cd by Mirabai

Featuring stirring songs from the Mexican, Hispanic, and Native Indian cultures, ***Flores*** is both spiritual and sensual. Performed in native and ancient languages, these songs flow and evoke qualities of the heart, love, longing, and beauty. Angelika Baumbach of Mexico and Markus Sieber of Germany met at the Edinburgh International Festival in 2001. They found a deep connection in the expression of their music and, since then, they perform together as Mirabai. $17.99

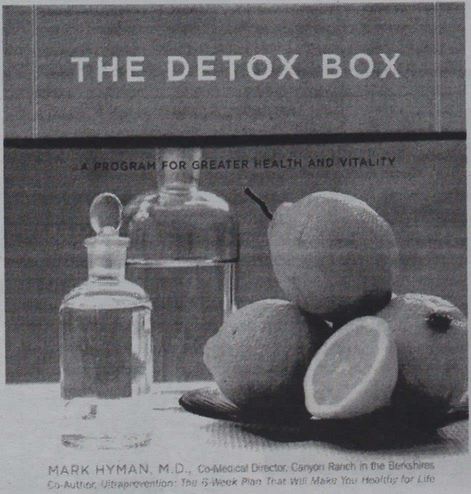
Book Reviews

by Sarah Daher

The Detox Box: A Program for Greater Health and Vitality by Mark Hyman, M.D., $29.95, produced by Padma Media and Sounds True

As holidays often go, early spring brought me a sense of sluggishness and fatigue. Christmas dinners, seasonal treats, and not enough time spent in fresh air contributes each year to a desire to slow down and hibernate. Although winter rest is beneficial in many ways, I also felt the need to refresh and awaken as all the tiny green shoots do from beneath the melting snows. What better inspiration than *The Detox Box*, a reminder of what internal cleansing and dietary simplification can bring.

A decade ago, I was not averse to strict fasts and extreme measures when it came to nutrition and food. But after having a child and settling into more of a motherly routine, I no longer feel the desire to push my body on water or juice fasts and colonics. Plus, even when I embraced these purifying concepts, my body never felt good. Once introduced to the more gentle aspects of macrobiotics and ayurveda, I knew what was right for my body and didn't feel the need to abstain from healthy, balanced (and cooked!) food. When *The Detox Box* arrived at Crazy Wisdom, I reconsidered what it might mean to my body and health to take a small break, simplify my diet, and incorporate a regimen of healing herbs and supplements in order to cleanse and rest physiologically, and the results were felt both inside and out.



Mark Hyman, co-medical director of Canyon Ranch in the Berkshires Health Resort and author of *Ultraprevention: The 6-Week Plan That Will Make You Healthy*, combines the best of conventional and alternative medicine with a blend of science, integrity, intuition, and compassion. His program is not extreme, but it is just his gentle and balanced approach that convinced me to give it a try. This kit provides all the information needed to complete a 7, 14 or 21 day cleanse, including a book explaining the detoxification process in detail, 2 compact discs featuring a detoxification presentation as well as yoga sequences to support you as you detoxify, 70 flash cards laying out every step of the program – before, during, and after, and two questionnaires to help you assess your levels of exposure. The package is lovely and the information is complete, easy to understand, and utilize, as well as inspiring.

My initial inclination was to detox for three weeks. My sister was undertaking a cleanse also, although based on different principles, and I wanted to be some support to her. I think we motivated one another, a tactic I would highly recommend. We kept journals of what we were doing and how we were feeling, and emailed when we were having difficult days. Although I practice yoga, my health is strong, and my diet is clean (mostly organic and vegetarian), I have a sugar addiction – chocolate to be specific. There, I said it, I'm officially out of the closet with it! Yes, chocolate is often what keeps me going and the most wonderfully enjoyable thing I eat, and I eat it mostly everyday. So the first two days of the cleanse involved a headache. Plus, I was hungry! My caloric intake was cut dramatically, and it was challenging to feel satisfied. But I kept reminding myself what a positive thing I was doing. It was good for me. The psyllium supplement was hard on my digestion, as it typically is, but I drank water, and drank more water, and then started probiotics, which helped.

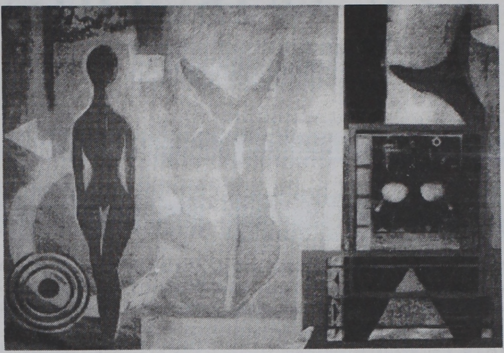
Well, the cleanse lasted just over a week. I still felt great about it, though. When it was done, I felt clean and light and when I reintroduced foods, they tasted so wonderful! I took it slow and, more than anything, the detox helped me recommit to a more healthy lifestyle. My yoga practice is more strong and regular, my food choices are more wholesome and dairy-free, and believe it or not, no chocolate for several weeks after! I just didn't want the days spent detoxing to be for nothing. I'm not sure what specific effects this time has had on my body, but I know it has had to be only positive. My skin is more clear, my energy level is higher, and I'm quite sure it has improved my emotions. Not reliant on chocolate to manage my moods, I feel more grounded and balanced, and I'm grateful for this gift of *The Detox Box*. Now I follow the diet once per week, and that brief cleanse adds up to 52 days of detoxing per year! Try it. It's a solid, holistic program that can provide simple, or dramatic, results.

Poetry Page

I Am Round
by Katherine Rachelle Lowrie

I am round-eyed
And round-bodied.
Meant to live
As a Raphaelite artist's sassy, bent-haired lover.
I teach women to eat and enjoy,
Laugh,
Create ruckus,
To birth children from hips
And words from lips.
I am woman.
I am round.
I know how to roar
Like a lioness
Like a whore
Like a ginghamed, pigtailed girl next door.
And in the mirror
What I've learned to see
Is a flesh and soul package
Of curved continuity.

Crazy Wisdom Community Journal is seeking submissions for this Poetry Page. Please email body text to sarah@crazywisdom.net or bring them into the store, attn: Sarah Daher.



Artwork by PC Bacon

Untitled
by Michael J. Richard

When I deny that there's a spirit guiding me,
listen only to what comes through my ears,
act for reasons that are wrong from the start,
I've a life infected by the fear of losing,
I'm deflated.

But...

when I accept the advice of a spirit I can't see,
listen to a voice that only my soul hears,
act on impulses that rise up from my heart,
live my life with a purpose of my choosing,
I'm elated.

Unguarded
by Audrey Hazekamp

Unguarded, I am safest
Heart opened
Secrets unfolded
Succulent secrets from places untold, even to myself

How many masks and suits of armor have I collected?
Each with survival as its motive
None able to coat and protect real truth,
MY truth

I shed, breath by breath
Layer upon layer
Ray by ray...
Revealing brightness
Radiance unfurled.

THE CRAZY WISDOM COMMUNITY JOURNAL

Where Do We Distribute *The Crazy Wisdom Community Journal*?

5,000 copies of ***The Crazy Wisdom Community Journal*** are distributed to more than 45 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, Bioenergy Medical Center, the Zen Temple, Shaman Drum, Sweetwater, the Michigan Union, the Ann Arbor Institute of Massage Therapy, North Campus Commons, the Yoga Practice Center, In Touch Therapeutic Massage, Complete Chiropractic, OM Moves, Yoga Space, Mothering Arts Center, the Lighthouse Center, Jewel Heart, Flaming Jewel, Peaceful Dragon School, Deep Spring Center, and the Weber Center. We also distribute to the offices of many doctors, holistic health care providers and therapists.

If you'd like us to bring copies of *The Community Journal* to your office, studio or center, please call us at 734-665-2757 or email: bill@crazywisdom.net.

The Crazy Wisdom Calendar

Acupressure, Shiatsu & Reflexology

Ohashiatsu Beginning I with Frances Farmer • Two weekends: May 13-15 and May 20-22, Fridays 6-9 p.m., Saturdays and Sundays 10 a.m.-5 p.m. • Beginning I Ohashiatsu introduces the concept of Ki, Yin and Yang and the 12 meridians of Eastern tradition. The course focuses on feeling the flow of Ki in the body and learning the natural movements central to Ohashiatsu for giving a full-body session. $450. Call 998-0004.

Advanced Shiatsu with Carolyn Lippens of Ann Arbor Institute of Massage Therapy • Five sessions: May 13, 27, June 3, 10, July 29; 6-9 p.m. • Synergy and balance: merging Eastern modalities into Western bodywork. Students will come away with greater depth and the ability to develop treatment continuity and creativity. Applying the five element theory to Western strategies will expand treatment possibilities. 20 CEU's. $330. Call 677-4430; info@aaimt.edu.

Adventure Travel

Trek to Everest Base Camp with Heather O'Neal of Of Global Interest • June 16, July 21, Aug. 25; 8 p.m. • A multimedia slide show and travelogue exploring the ancient Kathmandu Valley and trek to Everest Base Camp in the high Himalayas. Free. Call 369-3107; ofglobal@aol.com.

Aging

Dispelling Negative Myths of Aging: Reclaiming Your Vitality with Edward Yu • June 4, 9 a.m.-Noon • In a society that worships youth while viewing its most experienced members (i.e. senior citizens) as a "problem" or "financial burden," it is quite natural to associate aging with physical and mental decline. But is the problem aging or a (mis)understanding of the process? In this workshop, you will discover how the dominant culture inadvertently undermines your well being at any age. You will realize how, under its influence, many of us unwittingly limit ourselves. You will awaken within yourself a whole new level of power, flexibility, vitality and optimism, and gain a new sense of taking charge of your life! $55 with early registration discount offered. Call 709-0235; eyu@mailcity.com.

Dispelling Negative Myths of Aging: Reclaiming Your Vitality Day-Long Workshop with Edward Yu • June 18, 9 a.m.-4:30 p.m. • See above description. $100 with early registration discount offered. Call 709-0235; eyu@mailcity.com.

Every minute you are angry, you lose sixty seconds of happiness.
-Ralph Waldo Emerson

Angels

Angel Workshop: Communicating with Your Angels and Guides with Colleen Charles of The Healing Force at Crazy Wisdom's Community Room • May 22, Noon-5 p.m. • This workshop will show you how to begin to communicate more efficiently with your angels and guides. Several communication techniques will be taught, which you will be able to use the remainder of your life. $150 includes workbook. Call 517-592-8937; healingforce@myway.com.

Angel Workshop: Inward Harmony, Finding the Peace Within with Colleen Charles of The Healing Force at Crazy Wisdom's Community Room • June 5, Noon-5 p.m. • This workshop teaches you how your angels can help you release and balance old fears and blocks. This is a journey into the within; learn how to connect the I Am presence with the Inner Self. You will then begin to understand what is holding you back from finding and developing inner peace. $150 includes workbook. Call 517-592-8937; healingforce@myway.com.

Animals & Spirit

Herbal Healing for Our Pets with Mary Light • May 16, 1-2 p.m. • This will be a talk at Matthaei Botanical Gardens Herb Study Group offering actual case histories of pet healing with herbal protocols. Free. Call 769-7794; matagaia@yahoo.com.

Energy Healing with Animals with Ray O. Golden of Center for Intuitive Health • In Toledo: May 28, 10 a.m.-7 p.m. and May 29, 1-5 p.m. or Aug. 13, 10 a.m.-7 p.m. and Aug. 14, 1-5 p.m. In Ann Arbor: June 25, 9 a.m.-6 p.m. and June 27, 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class. The second day is focused on using Reiki with animals. Only people are to attend the Ann Arbor class. Animals are allowed at the classes held at PetMassage Training & Research Institute in Toledo. For cost, call 663-9724; intuitivehealth@aol.com.

Art & Craft

Mask Making with Mariah Pixi Nyies through Gateways Center for Life Enrichment • May 22, 1-5 p.m. • Masks are for fantasy, illusion or protection. Please join me in creating a mask or two, ready-made half or full face. Materials to be provided, but please bring anything you wish to work with. $15. Call 476-5477.

Come and Paint Retreat with Mary Southard at Weber Center • Aug. 5, 7:30 p.m. through Aug. 7, 1 p.m. • This weekend is for those who wish to become more attuned with their creative and spiritual source. No background in art is expected or required, although artists are most welcome to participate. $175-$210 depending on room choice, or $120 for commuter. Call 517-266-4000 or fax 517-266-4004; webercenter@adriansisters.org.

Plein Air Painting: Experience Painting Landscape Outdoors with the Frame Factory • May 21, June 4 and June 18; 9 a.m. • When artists like Monet and Van Gogh painted landscapes, they worked in the out-of-doors, or "plein air". They believe that being in nature, surrounded by life, elicits a fuller, more genuine response from artists. You will have the opportunity to explore that bucolic tradition, painting landscapes using a variety of media while being immersed in Ann Arbor's most beautiful scenery. This class is perfect both for beginners who want a solid introduction to landscape painting and for more advanced artists who welcome the challenge of this experience. Ages 15 to adult welcome. $95 with discount available. Call Molly Nuzzo at 971-1100; framefactory@aol.com.

Drawing I Class: Develop Your Basic Drawing Skills with the Frame Factory • May 2, 9, 16, 23; 7-9 p.m. • Think drawing is a gift that comes naturally? Let us show you how easily it can be learned; that it is a skill like any other. Drawing is as much about learning how to see and think about form and space as it is about technique. This class will give students a better understanding of form and teach how to reflect that understanding in their renderings. Basic drawing skills will be taught using a variety of artistic materials. $96 with discount available. Call Molly Nuzzo at 971-1100; framefactory@aol.com.

Do-It-Yourself Framing: Learn the Basics with the Frame Factory • June 11, Noon • Learn the tools and techniques of framing from the pros at Frame Factory. During this workshop, students will get a basic overview of all components of framing, from choosing frames and mat colors, to proper art conservation techniques. Our experts will demonstrate timesaving tips and tricks of the trade. This is a great class for artists who want to learn how to properly frame and display their own work, as well as for crafty do-it-yourselfers. Register early as space is limited. For cost, call Molly Nuzzo at 971-1100; framefactory@aol.com.

Using Texture in Acrylic Painting with Jeri Fellwock with the Frame Factory • May 14, Noon-3 p.m. • Acclaimed Michigan artist Jeri Fellwock will teach a one-day acrylic painting workshop emphasizing the use of texture to heighten interest within a composition. Students will learn about new techniques and media, utilizing common objects and scraps, and will explore the interesting and complex relationship between color and texture. Fellwock will deliver a lecture and slide presentation using her own work as examples, to be followed by a live painting demonstration. Students will have the opportunity to ask specific questions and to spend one-on-one time with the artist regarding their own current projects. Beginners through advanced artists are welcome, ages 15 to adult. $30 or $25 if registered by May 7. Call Molly Nuzzo at 971-1100; framefactory@aol.com.

Art and Soul: Self Discovery through Making Art with Jill Blixt • Six Tuesdays starting June 28, 6:30-9:30 p.m. • The making of art has always been a potent form of communication. Whether you are painting, collage-making or doodling, there is an experience of connection with the deepest part of yourself – a soul connection. Come join us in evenings of self-expression. We will dance with our muse to create a book that celebrates our authenticity. Absolutely no experience necessary, only willingness and curiosity. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

I'm still smiling about a call I got this morning from a client who is working hard to overcome her driving phobia. She inspires me to stretch in my work and in my life, as do so many of my clients. I help people who tackle tough issues—trauma and troubled relationships, obsessive fears and irrational rituals, panic and uncontrollable worrying. We challenge each other, daily, to shove complacency aside, to choose mastery and passion over helplessness.

- Laurie Krauth

Art Therapy

estalt Art Therapy with Sheree Johnson • June 20, 7 p.m. • This free seminar will ntroduce participants to the use of expressive arts in psychotherapy. Free. Call 929-0367; nfo@gestalt-annarbor.org.

Astrology

strology for Beginners with Bon Rose Fine • Tuesdays, May 17-Aug. 2; 7:30-9:30 p.m. • nis is a great class for anyone interested in getting a really good start in the study of trology and who wants a proper grounding in the basics. Signs, planets, houses, aspects nd beginning delineation will be covered. Students will receive a textbook, several andouts, a computer-generated report and their natal chart and an additional six charts of eir own choosing. $120. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

troducing National Council for Geocosmic Research with the Acting Executive Board of strology Study Group of Washtenaw County • May 15, 2-5 p.m. • ASGOWC's transition NCGR status presents a rare opportunity to see electional astrology in action. Introduc- g NCGR takes a look at the proposed NCGR inception chart with a discussion about ectional astrology and the process of transition with those who are making it happen. $5 nation to cover cost of venue. Call Rod Smith at 330-2882; astrology@delaney-smith.net.

Closer Look at Financial Astrology with Jim Dragun sponsored by the Astrology Study oup of Washtenaw County (ASGOWC) • July 17, 2:30-4:30 p.m. at Crazy Wisdom's mmunity Room • Financial Astrology is the study of stock or market events as they ate to significant astrological events. Jim Dragun will discuss a number of tools used in "crystal balls" of investors, traders and analysts. Jim will also discuss some current nds in financial markets and the economic outlook for 2005. $12. Call Jill La Liberte at 668- 53; jill64@earthlink.net.

w Techniques from an Ancient Art with Geoff Hoebbel sponsored by ASGOWC • June 1-5:30 p.m. at Crazy Wisdom's Community Room • A four-hour presentation geared wards spiritual matters including how to find the Guardian and other angels in one's natal rt. Includes guided meditations and prayers involving the planets and the four elements. . Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

An Evening with Leigh Westin sponsored by the Astrology Study Group of Washtenaw County • Aug. 23, 5:30-9:30 p.m. • In celebration of their impending status as an NCGR chapter, ASGOWC is offering the astrological community the opportunity to enjoy a buffet dinner at Temptations on Washtenaw Avenue, and hear a two-hour lecture on declination, presented by our country's foremost authority in this field. Thanks to the support of NCGR, ASGOWC is able to subsidize this event, making the price affordable to all. Seating is very limited. $15 includes dinner. Call Bon Rose Fine at 434-4555 or Rod Smith at 330-2882; bonrosefine@comcast.net or astrology@delaney-smith.net.

Author Receptions

A Special Mother's Day Treat! Oriah Mountain Dreamer to appear at Crazy Wisdom to sign and discuss her new book, *What We Ache For: Creativity and the Unfolding of Your Soul* • Sunday, May 8 at Crazy Wisdom Bookstore and Tea Room, 2 p.m. • Oriah Mountain Dreamer is the author of the inspirational prose-poem and international best-selling books, *The Invitation*, *The Dance* and *The Call: Discovering Why You Are Here*. Her writing explores how to follow the thread of our deepest heart's longing into a life of meaning and purpose. Her latest book, *What We Ache For*, offers reflections on and practical guidelines for finding and cultivating creative work that is not separated from your spirituality, your direct experience of that which is both what you are and larger than yourself or your sexuality, the fire and sensuality of life lived in the physical world. Free. For more information, call 665-2757; www.crazywisdom.net or information@crazywisdom.net.

Book Talk and Book Publication party for local author Pat Fero's new book, *Mining for Diamonds* • Saturday, June 18 at Crazy Wisdom Tea Room; Wine and cheese reception at 4 p.m.; Book Talk at 4:30 p.m. • Psychotherapist Pat Fero has written a book about how people call upon both internal and external resources to create resilience and overcome adversity. "Mining for diamonds is a metaphor for going within and exploring your inner realms, discovering and claiming your true self and healing the pain." The book is based on more than 20 years of research, clinical experience and interviews with highly resilient people who had experienced significant adversity in childhood, but are now leading extraordinary lives. The book also explores the 20 qualities that helped resilient people overcome adversity. Free. For more information, call 665-2757.

Author Receptions at Shaman Drum Bookshop • Free. For more information, call 662-7407; www.shamandrum.com.
May 5, 7 p.m.: Steve Amick, author of *The Lake, The River, and the Other Lake*
May 9, 7 p.m.: Adam Mansbach, author of *Angry Black White Boy*
May 24, 7 p.m.: David Shoem, author of *College Knowledge*

Benefits & Silent Auctions

WineFest 2005 at Ann Arbor Art Center • May 14, 6 p.m. • WineFest is a celebratory event that features food, wine and art and supports the Ann Arbor Art Center. This elegant affair features a strolling supper, wine tasting, live and silent auctions and champagne, rare wine and port, cigar and cognac bars. $140 or $130 Art Center members. Call Eve at 994-8004, ext. 116; info@annarborartcenter.org.

Bodywork and Body/Mind Therapies

Trager Level I with Kate Rose • July 8-10 and July 12-14, 9 a.m.-6 p.m. • This course is for you if you wish to improve the quality of your life through a profound process of personal growth, develop new depth in your existing work or pursue a new and rewarding profession. Trager has applications in healthcare, wellness, rehab, counseling and everyday life. $860. Call Eileen at 717-4145; edickins@umich.edu.

Free Demonstration Rolfing Sessions with Leland Austin • May 21, Noon-5 p.m. at Crazy Wisdom's Community Room • In celebration of Ida Rolf's birthday and Leland Austin's 20 years of Rolfing, Leland will be offering free Rolfing sessions to anyone in our community. Children are especially invited and welcome. The theme for this year's offering: "All Your Life Is In Your Body. Is All Your Body In Your Life?" Free. Call 327-1066.

Therapy Stones with Christy Zarek of Ann Arbor Institute of Massage Therapy • Aug. 27-28, 9 a.m.-5:30 p.m. • Learn to work creatively and effectively with hot and cold stones while offering an extremely popular service to your clients. Students will learn to expand their knowledge in a different type of deep tissue therapy along with relaxation work using alternating temperatures as a tool. 15 CEU's. $330 tuition plus supplies. Call 677-4430; info@aaimt.edu.

Hara Work with Carolyn Lippens of Ann Arbor Institute of Massage Therapy • Five sessions: Aug. 16, 23, 30, Sept. 7, 14; 6-9 p.m. • Students will receive information on the five element theory along with instruction on working to open the Hara within Eastern and Western techniques. Students will come away with the ability to perform releases of various visceral organs corresponding to the five elements. 15 CEU's. $250. Call 677-4430; info@aaimt.edu.

Quantum Touch with Cathy Francois and Julie Lemond of Ann Arbor Institute of Massage Therapy • May 6-7, 9 a.m.-6 p.m. • This is a technique to help others heal themselves. Students will learn to help reduce pain/inflammation, reduce back pain and help with many other situations. 16 CEU's. $275. Call 677-4430; info@aaimt.edu.

Pilates with Dona Duke of The Studio • Tuesdays, 7:15-8:15 p.m. or Wednesdays 9-10 a.m. • For more complete information, please call 845-0542; www.ypsistudio.com.

The Crazy Wisdom Calendar

Bodywork and Body/Mind Therapies (continued)

Pilates/Bellydance with Dona Duke and Aziza Ammar of The Studio • Fridays, 6:30-8 p.m. • For more complete information, please call 845-0542; www.ypsistudio.com.

PI-YO: Blending Yoga and Pilates with Michael Gibson of The Studio • Mondays, 7:15-8:15 p.m. • A fun and energetic class blending the core work of Pilates with the flowing postures of Yoga for a class that strengthens the body and increases flexibility. Some Yoga and Pilates experience recommended. $8 or $10 drop-in. Call 717-7109.

> The true meaning of life is to plant trees, under whose shade you do not expect to sit.
> - Nelson Henderson

Alexander Technique: Free Your Movement, Enhance Your Performance with Alice Greminger • Tuesdays, 7 p.m. or Saturdays, 4 p.m. • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing, sports and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per class or $50 for five-hour weekend workshop. Free introductory class. Call 665-0849.

Feldenkrais Awareness Through Movement Lessons with Joanna Myers • Mondays, 6:30-7:30 p.m. • Gentle, precise movement sequences and guided attention improve posture, coordination, flexibility, focus and overall comfort. Whether you seek relief from chronic pain or stress, or want simply to find more pleasure as you move through your day, these are fabulous lessons. Class size limited. $72 for six sessions or $15 drop-in. Call 395-8486; myersjoanna@hotmail.com.

Book Discussion Groups

Crazy Wisdom Reading Circle • Friday, May 13; Friday, June 10; Tuesday, July 19; Tuesday, August 23; 7 p.m. at Crazy Wisdom's Community Room • Reading Circle at Crazy Wisdom. Each month, a different book is chosen for reading and discussion. Sign up for the discussion in advance and receive 30% off the purchase of the current month's title. May's selection will be *The Plot Against America* by Philip Roth. June's selection will be *Non-Violent Communication: A Language of Life* by Marshall Rosenberg. July's selection will be *Healing the Hardware of the Soul: How Making the Brain-Soul Connection Can Optimize Your Life, Love and Spiritual Growth* by Daniel Amen. August's selection will be *Invisible Heroes: Survivors of Trauma and How They Heal* by Belleruth Naparstek. All are welcome. Just show up! Call 665-2757; information@crazywisdom.net.

Breathwork

Transformational Breath Introductory and Review Workshops with Julie Wolcott and Marcia Bailey • May 10 and June 7, 7-10 p.m. • An introduction to and review of the Transformational Breath, Judith Kravitz' approach to connected breathing. The Transformational Breath is a self-healing modality that can free up old, stuck, negative emotional patterns and through a process of experiencing full, open, connected breathing, integrate the mind, body and spirit at a higher vibrational level. Healing, joy and peace are common outcomes. This workshop is designed for those who are new to connected breathing as well as those who have already experienced a form of breathwork. The workshop will include a brief description of the Transformational Breath, a demonstration of breath analysis and a group breathing session. $35 for each session. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; mbailey@tm.net.

More Alive with More Joy through Transformational Breathing with Julie Wolcott and Marcia Bailey • July 9, 10 a.m.-3 p.m. • This class is designed to empower participants in successfully using the Transformational Breath on a regular basis. Basic principles of the Transformational Breath will be presented in-depth, and two 45-minute group breathing sessions will be offered. Participants will be guided in an integration process after each of the two breathing sessions. A short meditation will also be included to encourage inner reflection. $50. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; mbailey@tm.net.

Pranayama: Breathing Techniques with Ema Stefanova • May 28, 3-5 p.m. • An introduction to traditional breathing practices, a must for every yoga practitioner and all interested in yogic health management as well. For cost, call 665-7801; emastefanova@cs.com.

Integrative Breathwork Workshops with Linda Adamcz • Two Saturdays, May 14 and 26, June 11 and 25, July 16 and 30 or Aug. 13 and 27; 10 a.m.-6 p.m. in Kalamazoo • Integrative Breathwork is a musical meditation that can access the different energy centers of the body to release negative thought patterns, heal emotional pain and increase insight about life events. It can assist with grief and loss issues, blocked creativity, trauma and abuse, depression and addictions and life purpose/spiritual renewal. $90. Call 269-388-2988; lkadamcz@juno.com.

Buddhist Teaching & Buddhist Meditation

For related listings, please see "Meditation" Section

His Holiness Gayuna Cealo at Crazy Wisdom's Community Room • July 13, 7 p.m. • Burmese Buddhist monk Gayuna Cealo returns to Ann Arbor for a talk and meditation. $15. Call Andrew Rogers at 810-875-0061.

Medicine for the Mind: Taking and Giving with Gen Kelsang Khedrub • May 18, 7-9 p.m at Crazy Wisdom's Community Room • Classes begin with a guided breathing meditation to help reduce our stress from the day and to develop a peaceful mind. This is followed by a short teaching of a special meditation practice taught by Buddha called taking giving. This technique has been used for centuries to develop universal compassion and heal the body and mind. Everyone is welcome. $10. No one turned away for lack of funds. Call 248-444-4633; annarbor@meditateinmichigan.org.

The Compassionate Mind of Enlightenment with Kadampa Buddhist Teacher Christine Jach • June 1, 7-9 p.m at Crazy Wisdom's Community Room • Classes begin with a guided breathing meditation to help reduce our stress from the day and to develop a peaceful mind. This is followed by a short teaching on a type of engaged compassion that Buddha called bodhichitta, or the mind of enlightenment. It is a wish to attain enlightenment in order to liberate all living beings. This profound wish is the very essence of Mahayana Buddhism and a supreme method for making our daily life meaningful. Everyone is welcome. $10. No one turned away for lack of funds. Call 248-444-4633; annarbor@meditateinmichigan.org.

Introduction to Tantra with Gen Kelsang Khedrub • June 15, 7-9 p.m at Crazy Wisdom's Community Room • Classes begin with a guided breathing meditation to help us reduce our stress from the day and to develop a peaceful mind. This is followed by a short teaching on the real meaning of Buddha's Tantric teachings. In Tantra, we train in the same compassion and wisdom as in basic Buddhist practice, but use the tools of faith, creativity and visualization to swiftly produce inner realizations. Everyone is welcome. $10. No one turned away for lack of funds. Call 248-444-4633; annarbor@meditateinmichigan.org.

Two Sunday Services at Zen Buddhist Temple • Every Sunday: 9:30-11 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a short talk. By donation. Call 761-6520; a2buddha@provide.net.

One-Day Zen Meditation Retreat at Zen Buddhist Temple of Ann Arbor • May 7 and Aug. 13; 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest – an interval of slowing down, silence and mindfulness. $50 includes vegetarian breakfast and lunch. Call 761-6520; a2buddha@provide.net.

Introductory Zen Meditation Course at Zen Buddhist Temple of Ann Arbor • Five Thursdays beginning May 26 and July 14, 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes some simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120/$100 unwaged. Call 761-6520; a2buddha@provide.net.

Liberation of Life Service with Zen Buddhist Temple of Ann Arbor • June 18 • An annual ceremony which reminds us of the First Precept (not to harm, but to cherish all life) and of our kinship with all beings, followed by a potluck picnic at Friend's Lake near Chelsea. Carpool from the Temple at 10 a.m. Service begins at 11 a.m. Call 761-6520; a2buddha@provide.net.

Summer Yongmaeng Chongjin (Fearless Practice of Meditation) with Zen Buddhist Temple of Ann Arbor • June 27-July 2 • A five-day retreat in Toronto offering an opportunity for intensive practice in which one can free oneself from all worldly ties and absorb oneself in meditation practice. $300. Call 761-6520; a2buddha@provide.net.

Summer Work/Study Program at Zen Buddhist Temple of Ann Arbor • July 11-Aug. 10 • An opportunity to live, practice and study with the Temple community while contributing by working on special projects including gardening, our 16th Annual Peace Camp at Friend's Lake, our Great Green Recycling Yard Sale, renovation of our new building and more. Days are structured and guided by Ven. Haju Sunim with help from dharma students. Minimum commitment is one week. $65 per week or $250 per month, which includes room and board, access to all dharma programs and 5 hours of work for 5 days per week. Call 761-6520; a2buddha@provide.net.

Annual Summer Lecture Series: The Wisdom, Compassion, Tears and Humor of Buddhist Practice at Zen Buddhist Temple of Ann Arbor • 7:30-9:30 p.m. • Practitioners relate how they developed an interest in Buddhism, made a commitment to their Buddhist practice and how they express their Buddhist practice in daily life. By donation. Call 761-6520; a2buddha@provide.net.
July 12: Three Men with Frank Anderson, Eric Pinaud and Mike Umbriac
July 19: Three Women with Jean Hsieh Popp, Leslie Rutkowski and Monika Szumilak
July 26: Three Families with Valerie Mann Hatopp, Dale Jensen and Barbara Naess

Overnight Introductory Meditation Course at Zen Buddhist Temple of Ann Arbor • July 22-23, 7 p.m. Friday to 4 p.m Saturday • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. $160 includes accommodations and vegetarian meals. Call 761-6520; a2buddha@provide.net.

Body of Peace: Form, Emptiness and Equanimity at Zen Buddhist Temple of Ann Arbor • Aug. 6, 10 a.m.-4 p.m. • This day of retreat will offer an opportunity to explore the three principles of alignment, relaxation and resiliency necessary for practicing yoga asanas, as well as for living a life of freedom. They are the three limbs that support the seat of meditation, creating stability and ease. Join Rev. Frank Jude Boccio, author of *Mindfulness Yoga*, for an exploration of these essential principles in a full day of mindfulness that integrates body, mind and spirit. Please bring any props you feel comfortable using in your yoga practice. $60. For cost, call 761-6520; a2buddha@provide.net.

Seven Point Mind Training with Sheree Johnson • Four Tuesdays starting May 3, June 7, July 5 or Aug. 9; 6:30 p.m. • Mind training is a practice in the Buddhist tradition brought to Tibet in the eleventh century by the Indian Buddhist teacher Atisha. Through the practice, we undertake to connect with our world in an unconditionally positive way, and also to take full responsibility for our experience of it. $10 per session. Call 929-0367; info@gestalt-annarbor.org.

Guide to the Bodhisattva's Way of Life with Gehlek Rimpoche of Jewel Heart • Ongoing Tuesday evenings • Bodhisattvas are individuals who commit themselves to total enlightenment in order to benefit all beings. With contemporary understanding and wit, Gehlek Rimpoche conveys Shantideva's timeless message in a way that reveals its power to transform our lives. For complete summer information, call 994-3387; www.jewelheart.org.

Good Life, Good Death with Gehlek Rimpoche of Jewel Heart • Ongoing Thursdays, 7 p.m. • Based on the national bestselling book by Gehlek Rimpoche, this course explores how the Tibetan Buddhist perspective can be used by anyone, of any faith, to bring depth, meaning and joy to daily life. For complete summer information, call 994-3387; www.jewelheart.org.

Ganden Lha Gyema Weekend with Rizong Rimpoche through Jewel Heart • May 20-22, Friday 7-9 p.m., Saturday 10 a.m.-5 p.m., Sunday 9 a.m.-12:30 p.m. • Rizong Rimpoche is the holder of one of the three highest spiritual positions in the Gelug Tradition of Tibetan Buddhism. This teaching is based on one of the most popular recitation texts in the Tsong Khapa tradition and serves to deepen the connection with your spiritual teacher and with his tradition. In includes elements of a daily meditation practice, as well as guided visualization using the Migtsema mantra. $100 or $75 for members. For complete information, call 994-3387; www.jewelheart.org.

> Finding true joy is the hardest of all spiritual tasks. If the only way to make yourself happy is by doing something silly, do it.
>
> \- Rebbe Nachman of Breslov

oncentrated Meditation Sessions at Jewel Heart • May 28 and June 11, 10 a.m.-1 p.m. • pen to all, these sessions will be led by Jewel Heart instructors. For complete information, ll 994-3387; www.jewelheart.org.

amantaka Study Group at Jewel Heart • May 1 and June 5, 1:30-3 p.m. • Open to all ajrayana members who would like to study and deepen their daily sadhana practice, these ssions will be led by Jewel Heart instructors. For complete information, call 994-3387; ww.jewelheart.org.

ınday Morning Program at Jewel Heart • 10-11 a.m. Dharma talk, 11-11:30 a.m. Tea ıd cookies, 11:30 a.m.-12:30 p.m. White Tara practice session • Introductory Dharma ks given by Jewel Heart instructors and Gehlek Rimpoche. For complete information, call 4-3387; www.jewelheart.org.
ay 1: Revolutionizing the Quest for Self-Fulfillment with Eric DeVoss
ay 15: Fear and Fearlessness with Kathleen Ivanoff
ay 22: Overcoming Obstacles to Spiritual Progress with Sandy Finkel
ay 29: Remaining Alert to Opportunity with Tony King

Camps

Summer at the Art Factory Camp with Ann Arbor Art Center, in partnership with YMCA • June through August, weekly sessions begin June 20 with morning, afternoon and full day sessions available • This fun-filled camp for ages 4-12 features ten different weeks packed with creative activities. Camp for ages 6-12 will be held at the YMCA's new building. Camp for ages 4-5 will be held at the Art Factory. For complete information, call 994-8004; www.annarborartcenter.org.

17th Annual Buddhist Peace Camp through Zen Buddhist Temple • July 29-Aug. 3 • Held at Friend's Lake near Chelsea, and emphasizing peace, cooperation, mindfulness and fun. Tent camping and vegetarian food. Children, parents and other adults welcome. For complete information, call 761-6520; a2buddha@provide.net.

Rudolf Steiner School Summer Camp: Five Weeks of Great Summer Classes for Kids • June 20-July 22, 9 a.m.-1 p.m. weekdays • With 20 classes to choose from, there is something to satisfy everyone's curiosity and interest! Classes run from 9 a.m. to Noon, followed by an hour lunchtime and outdoor play. For a brochure and application, visit www.rssaa.org or chuckbarbieri@sbcglobal.net.

Musical Theatre Camp for Ages 9-15 with Arts in Motion Dance Studio • July 25-29, 12:30-4:30 p.m. • Students will take classes in jazz and acting daily and will be introduced to elements of tap, costume design and make-up in a friendly, noncompetitive camp situation. Instructors will include Amanda Stanger-Read and Christina Seers Etter. $200. Call 646-9417; amanda@artsinmotion.net.

Dance and Art Stories Camp with Arts in Motion Dance Studio • July 25-29, 9:30 a.m.-Noon • Children will explore the world of dance and art as a way of telling stories. Experimenting with movement and visual arts concepts, children will delve into the practice of self-expression and group participation. Children will create projects using many different media and dance styles and will explore stories of many cultures. Instructors will include Amanda Stanger-Read and Leslie Kabza Criscenti. $125. Call 646-9417; amanda@artsinmotion.net.

Dance and Art Stories Camp for Ages 4-6 with Arts in Motion Dance Studio • Aug. 16-20, 9:30 a.m.-Noon • Children will explore the world of dance and art as a way of telling stories. Experimenting with movement and visual arts concepts, children will delve into the practice of self-expression and group participation. Children will create projects using many different media and dance styles and will explore stories of many cultures. Instructors will include Amanda Stanger-Read and Leslie Kabza Criscenti. $125. Call 646-9417; amanda@artsinmotion.net.

Ceremonies, Celebrations & Festivals

Buddha's Birthday: A Celebration for the Whole Family at Zen Buddhist Temple • May 21-22 • Everyone is welcome to join us for part or all of this most festive Buddhist holiday. For more information, call 761-6520; a2buddha@provide.net.
May 21: 11 a.m. Third Annual Peace and Happiness Street Parade followed by a special service for children, including the traditional bathing of the baby Buddha.
2:30 p.m. Fourth Annual Poetry Event
6 p.m. Vegetarian Entrees and Dessert Buffet followed by Colors the Clown and her magic show with animals, a music celebration for the whole family with Lax Slomovits of Gemini and Helen Slomovits, and Lori Fithian of Drummunity, and more. $7 students and seniors, $10 adults, $25 families.
May 22: 9 a.m. Meditation
9:30 a.m. Buddhist Religious Service
1 p.m. Buddhism and the Workplace panel discussion
3 p.m. Introduction to Zen Meditation talk and demonstration
7:30 p.m. Lotus Lantern Lighting and Chanting Service. Delicate lotus lanterns are dedicated to family, friends and all we care about who need encouragement and love, and for peace and happiness in the world.

Mainstream and Mystery Festival with local and national speakers • June 5, 11 a.m.-7 p.m. • Lectures, presentations and private sessions with mainstream and alternative helpers, providing a cross-section of services for your human and spiritual evolution. $5. Call Susan at 665-0536.

Sound Medicine for Mother Earth: A Solstice Celebration with Judy Piazza • June 21, 6:45 p.m. • Gathering the energies through drum, song and silence for the health of our selves, our communities and our earth. We'll be walking through Bird Hills and to the Huron River as part of the evening. Potluck follows. Free. Call 761-5972; jpiazza@igc.org.

Summer Solstice Celebration with Visitation Spirituality Center Staff • June 22, 7 p.m. • This celebration will focus on the beginning of summer within a Christian context. In so doing, we join those of many faiths who celebrate the wonder of this gift of the sun. Free. Call Margaret Gaffney at 734-242-5520; visitation@ihmsisters.org.

Peaceful Dragon School 15th Year in Ann Arbor Celebration • June 25, 4-8 p.m. • All current and alumni students of the Peaceful Dragon School are invited to attend this 15th year celebration. Fun activities, demonstrations, raffle, games, food and more. Ann Arbor community can attend for a fee of $5 for the demonstrations. $25 for students, alumni and community for food, served at 6 p.m. This event will be held at Rudolf Steiner High School with reservations required by June 1. Call 741-0695.

The Crazy Wisdom Calendar

Chakras

Chakra Meditation Workshop with Ema Stefanova • June 5, 2-4 p.m. • The subtle yoga physiology of the chakras and energy channels will be explained and traditional yoga techniques for chakra and kundalini awakening will be practiced. Excellent notes and text available for purchase. For cost, call 665-7801; emastefanova@cs.com.

Channeling

An Evening with Jacob with Judy Crookes through Gateways Center for Life Enrichment • May 23, June 27, Aug. 29; 7:30 p.m. • Jacob, channeled by Judy Crookes, is a delightful and charming entity, a master teacher whose sole purpose is the empowerment of each individual who is present. Jacob's method of teaching is to use analogy and example mixed with lots of laughter. Great depth is achieved through this approach and each person feels personally touched and loved. This evening will consist of a short talk, one-on-one interaction with most participants, question period and meditation. $15. Call 332-4666; gatewayscenter@hotmail.com.

Circles of Prophecy: Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • May 5, June 2, July 7, Aug. 4; 7-9:30 p.m. at Crazy Wisdom's Community Room • Psychic Nanci Rose Gerler channels group and individual messages that provide spiritual guidance for this era of personal and global transformation. Receive inspiration and empowerment, as well as positive healing energy. $20. For more information, call 996-8799.

Wednesday Evenings with Aaron channeled through Barbara Brodsky • May 11, June 15; 7:30-10 p.m. • An open session with Aaron and Barbara. Aaron will talk, followed by a short social break, and then he will answer questions. Donations accepted. Call Deep Spring Center at 477-5848; info@deepspring.org.

The Gathering with Karlta Zarley • Second Tuesday of each month, 7-9:30 p.m. in South Lyon • Karlta Zarley channels information from Spirit about changes we experience as we move towards Ascension, trends and issues that affect us and teachings to help us all move along our spiritual path. Bring a dish to share. $10. Call Evan Peele at 437-7466; euphoria444@aol.com.

Basic Channeling with Shala Kilmer • 8 Mondays starting July 11, 6:30-9:30 p.m. • Channeling is the easiest, clearest way to get messages from the spirit world. This course will teach you to channel with ease or increase your proficiency. Limited to 10. $335 pus $4 book. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Message Circle with Shala Kilmer • June 18, 7-9 p.m. • Messages just for you from the spirit world will be channeled by Shala Kilmer. Others in the group are welcome to share information they receive for anyone. Plan on having fun and gaining valuable insights. $25. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

A Meeting with the Masters with Shala Kilmer • Aug. 27, 10 a.m.-4 p.m. • Shala will channel Master Teachers who can answer your questions. Areas include relationships, money, health, career and life purpose. Class limited to ten people. $75 with noon meal and snacks provided. For date, call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

> If people knew how hard I worked to get my mastery, it wouldn't seem so wonderful after all.
>
> - Michelangelo

Chanting

JAYA Chanting/Meditation Retreat at Song of the Morning Ranch • June 4-5 • JAYA, a perennial favorite at Song of the Morning, immerses us in devotional yoga, one of the most effective paths to God. Weaving in and out of chant and meditation allows our proximity to the Divine to deepen as we play in bliss a while. $50. Call 989-983-4107; office@goldenlotus.org.

Childbirth

Preparing for the Postpartum Period with Melisa Schusten • May 14, 9 a.m.-Noon • Becoming a parent can be joyful, exciting and an opportunity for growth and change. The postpartum period, the weeks and months following the birth of a baby, can also be challenging, confusing and a time of great physical and emotional adjustment. Come learn how to make this transition smoother. Topics include physical comfort measures, navigating relationship changes, preventing postpartum depression, work-family balance and where to find resources in the community. $10 individual or $20 per couple. Call 302-0033; melisa@gocoho.org.

Holistic Childbirth Preparation with Patty Brennan of Center for the Childbearing Year • Tuesdays, May 31-July 6; 7-9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $190 per couple. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Newborn and Infant Care with Beth Barbeau of Center for the Childbearing Year • May 10 and 17 or July 12 and 19; 9:30-11:45 a.m. • This two-session class provides expectant parents with practical insights and supportive resources to help smooth the transition into parenthood. Topics include calming the baby, preventing postpartum depression, troubleshooting health issues such as thrush, diapering, postpartum doulas, mother and infant nutrition, equipment/furniture recommendations (what's really necessary?) and reclaiming your sex life. Rather than teaching the "right" way to parent, emphasis is placed on guiding parents into developing effective solutions that will work for their families. $60 per couple. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Breastfeeding Basics with Beth Barbeau of Center for the Childbearing Year • May 24 or July 26, 7-9:15 p.m. • This class is designed to provide the basic information that a pregnant woman needs to be successful at breastfeeding. Topics include keys to successful breastfeeding; obstacles to breastfeeding success; what is "normal"; overcoming common problems; psychological, cultural and societal issues that impact breastfeeding; what to do when breastfeeding doesn't work; back to work strategies, and product review - bras, pumps, and other lactation aids. $30 per couple. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Introduction to Childbirth with Patty Brennan of Center for the Childbearing Year • June 18 or Aug. 13, 9 a.m.-5:30 p.m. • This course serves as an introduction to childbirth education for professionals while fulfilling the prerequisite for Birth Doula Training. Topics covered include optimal nutrition for a healthy pregnancy, anatomy and physiology of pregnancy and birth, relief for common discomforts of pregnancy, conscious relaxation and breath awareness, body mechanics, stretches, and essential exercises for the childbearing year, the experience of labor, complications of labor and birth, medical interventions in birth and the process of informed consent, medical protocols and tests for the newborn, mom's normal postpartum recovery and breastfeeding basics. $110. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Birth Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • June 24-26 or Aug. 19-21, 9 a.m.-5:30 p.m. each day • Become a Professional Birth Assistant. Training covers the doula's role during pregnancy, emotional support in labor, comfort measures and pain relief, labor support strategies for normal and challenging births, essential communication and mediation skills for doulas, the doula's role postpartum, breastfeeding support, basic business skills and more. Get hands-on experience through our community-based volunteer doula program and earn professional certification through Doulas of North America. No previous medical training required. $350 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Postpartum Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • May 20-22, 8 a.m.-6:30 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on the postpartum recovery and adjustment period, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, support for the grieving family, and more. $385 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Advanced Doula Training with Patty Brennan of Center for Childbearing Year • July 9, 9 a.m.-5 p.m. • Spend a day sharing ideas and practicing new skills with other doula professionals. A variety of hands-on support measures for pregnant, birthing and newly postpartum moms will be presented. Topics include use of the rebozo with women in labor, optimal fetal positioning, labor and postpartum massage techniques, grief and loss support, preventing burn-out, the art of being on-call and tricks of the trade (group sharing). 7.8 DONA CEU's provided. $110. Call 663-1523; patty@center4cby.com or www.center4cby.com.

I have been very blessed to have the opportunity to work with people who are motivated to take charge of their health and become active participants to their recovery process. Its a pleasure to be a teacher of wellness, such as educating people on good food choices, methods to reduce toxic exposures, and techniques to manage their stress using natural medicines. I enjoy the detective work that it requires of me to reveal the underlying causes of each individual's disease. And, as each person I help becomes liberated from their personal suffering, whether it is physical, mental or emotional, I enjoy knowing that their energy can then be redirected to contributing to the well-being of the community in which they live, and the healing of the planet.

- Michele Loewe

nsuring Breastfeeding Success with Beth Barbeau of Center for Childbearing Year • lay 7, 9 a.m.-5 p.m. • This workshop provides a grounding in the fundamentals of eastfeeding and will educate professionals who work with women postpartum in the ounseling skills necessary to assess and correct breastfeeding problems. 7.8 Nursing EU's provided. $110. Call Patty Brennan at 663-1523; patty@center4cby.com or ww.center4cby.com.

Cohousing

ohousing Part 1: Creating Sustainable and Vibrant Communities with Nick Meima onsored by People's Food Co-op • June 14, 7-8:30 p.m. at Crazy Wisdom's Community oom • What is cohousing and what are its implications for sustainable living? Join ember/designers of Touchstone Community of Ann Arbor for an exciting look at ohousing around the world. Learn how Ann Arbor has become nationally recognized for cohousing initiatives. Free. Call Cynthia Edwards at 994-4589; lucation@peoplesfood.coop.

ohousing Part 2: Visit to Great Oaks Cohousing Community with Nick Meima spon-red by People's Food Co-op • June 26, 3-5:30 p.m. • Could cohousing be for you? Tour nn Arbor's newest cohousing community, meet members and find out what it's really like live there. Carpooling encouraged. Free. Call Cynthia Edwards at 994-4589; lucation@peoplesfood.coop.

Color Energy

ura-Soma Level 1: Foundation Class with Victoria Silks • June 11-16, July 29-Aug. 3 • ne Foundation Level of Aura-Soma color energy system developed in England in 1980 d taught in 52 countries includes hands-on experiential work to complement the intro-ction of the system. Classes good for CEU's from NCBTMB. $600. Call 669-0376; ds@sbcglobal.net.

ura-Soma Level 2: Intermediate Class with Victoria Silks • June 21-26, July 17-22, ıg. 20-25 • Level 2 builds upon Level 1 to deepen the understanding of the language of lor. It exposes students to the connection between color energy and other wisdom ditions, as well as deepening consultation skills. $650. Call 669-0376; ds@sbcglobal.net.

ura-Soma Level 3: Advanced Class with Victoria Silks • July 8-13 • Level 3 builds on first two levels and is an exciting journey into the interrelationship between the Tree of fe, the tarot and the Aura-Soma color system, as well as continuing to deepen the actitioner/client relationship. $700. Call 669-0376; vsds@sbcglobal.net.

Conferences

gether in Faith 2005 presented by the American Friends Service Committee • Aug. 6 d 7, 8 a.m.-7 p.m. • A national multiracial, multigenerational conference for people of all igions and spiritualities creating lesbian, gay and transgender affirming communities. esenters include Rabbi Michael Lerner, Reverend Barry Lynn, Mandy Carter, Reverend g Riley, Raven Kaldera, Swami Durga Das and many more. $75 per day, $150 for the ekend includes breakfast and lunch. Call Amanda Sharrai at 761-8283 ext. 3; arrai@afsc.org.

Creativity

The Yoga of Drawing and Dance with Rita Dryman at Song of the Morning • June 17-19 • Practice opening, receiving, connecting, honoring mystery and being yourself through artistic expression. No experience necessary. Come with a beginner's mind. $75. Call 989-983-4107; office@goldenlotus.org.

Creative Retreat with Jean Booms, Carol Quigley and Monica Stuhlreyer of Visitation at Crawfton Inn, Kingsville, Ontario • June 18 at 7 p.m. through June 25 at Noon • This is an opportunity to retreat to the Canadian shore of Lake Erie for a week of prayer enhanced by the creative touches of art, music and poetry. Morning and evening prayer frame each day. There will be plenty of silence, opportunity for spiritual direction and sharing conversation at evening meals. $395 due with registration by June 10. Call Margaret Gaffney at 734-242-5520; visitation@ihmsisters.org.

Divorce

Getting Ready for Mediation/Negotiation with M. Brady Mikusko • May 19 or June 16, 7-9 p.m. • This workshop is for divorcing or separating partners who don't know how to or can't negotiate with their partners. It is a very practical workshop, with teaching, exercises and worksheets to help you learn more about negotiation. It will be helpful for people who are mediating or for people who are using attorneys in a traditional divorce process. $40 per person. Call 747-8240; bradymikusko@ameritech.net.

Divorce Survival Day with Dell Deaton • June 11 or Aug. 13; 9:30 a.m.-3:45 p.m. • A complete divorce recovery workshop in just a single day. Professional presentation (no videos) and facilitated discussion. Designed for individuals in all stages of divorce, from first thoughts of separation to long after the legal proceedings have ended. Optional question and answer period after. $40 or $35 per person is prepaid. Call 668-2001; www.divorcebalance.com or cw2@divorcebalance.com.

Divorce Reality Discussions with Dell Deaton • Wednesdays, May 4-Aug. 31; 7-9 p.m. • Weekly, walk-in support group. Professionally facilitated dialogues addressing issues brought by those participants attending. Open to individuals considering separation (and sometimes reconciliation), in the divorce process and throughout recovery/next relation-ships thereafter. Sliding scale. Call 668-2001; www.divorcebalance.com or cw2@divorcebalance.com.

Divorce Reality Workshop with Dell Deaton • 5 Mondays: July 11-Aug. 8, 7-9:30 p.m. • A professional divorce recovery workshop that deals with all fundamentals of the social and emotional ends to marriage. Live presentations (not videos) and facilitated discussions. For individuals in all phases of the divorce process. $40 or $35 if prepaid. Call 668-2001; www.divorcebalance.com or cw2@divorcebalance.com.

Divorce Reality 2: New Attachments with Dell Deaton • 3 Thursdays: June 2-16, 7-9:30 p.m. or 3 Mondays: Aug. 15-29, 7-9:30 p.m. • After your divorce recovery, another big question comes: "How do I get it right next time?" Come see! Week one covers next relationship basics and week two is on dating. Week three focuses on remarriage (good preparation, even if you don't immediately have someone in mind). $45 or $40 if prepaid. Call 668-2001; www.divorcebalance.com or cw2@divorcebalance.com.

Let Go of Your Divorce: A Reality Seminar with Dell Deaton • Aug. 11, 7-9:30 p.m. • Motives and techniques to help you move on. Dynamic, interactive presentation of practical applications to encourage participants through 17 key reality checks, developing tools to finally let go of even the most persistent attachments and post-divorce games. $15 or $10 if prepaid. Call 668-2001; www.divorcebalance.com or cw2@divorcebalance.com.

Trust after Divorce: A Reality Seminar with Dell Deaton • Aug. 18, 7-9:30 p.m. • What-ever the betrayal that ended the intimacy of your marriage, how can you ever trust someone again? Answer: By accident (we're serious!). We all believe in something, so this seminar lays out 14 reality checks to increase your chances of believing in the right thing. $15 or $10 if prepaid. Call 668-2001; www.divorcebalance.com or cw2@divorcebalance.com.

Divorced Parenting Tips: A Reality Seminar with Dell Deaton • Aug. 25, 7-9:30 p.m. • Regardless of the age of your children, we are parents first, before we are "divorced" parents. Then comes co-parenting, step-parenting and the differing impacts of divorce on children from younger ages to the pain of those who are adults when their parents divorce. $15 or $10 if prepaid. Call 668-2001; www.divorcebalance.com or cw2@divorcebalance.com.

Dreams & Dreamwork

Dream Group: The Symbolic Significance of Dreams with Rebecca Mullen • Mondays, 7:30-9:30 p.m. • Individuals are encouraged to bring in their dreams to discover the dreams' symbolic meanings. Dreams connect and integrate the emotional with spiritual aspects of our existence. Night dreams and day dreams will be explored. By donation. Call 669-5925.

The Crazy Wisdom Calendar

Drumming

Monday Evening Drum Class with Lori Fithian • Mondays, 7-8:30 p.m. • Start your week off in a good groove! Come explore drumming, singing and rhythmic improv of all kinds. All levels welcome. Drums provided or bring yours. Something different every week. Drop in when you can. $10. Call 426-7818; lorifithian@mac.com.

Drummunity Circles at Crazy Wisdom's Community Room with Lori Fithian • May 7, 3-5 p.m.; June 7, 7-9 p.m. • Open community drum circles. Drum, chant and smile! Drums provided or bring your own. No musical experience necessary. Free. Call 426-7818; lorifithian@mac.com.

West African Hand Drumming Class with Ryan Edwards of Like Water Drumworks • Thursdays, 7 p.m., through June • Ego-free and fun in-depth study of secular and ritual West African drumming. Fell, technique and repertoire led by an experienced teacher and continued student. $10. Call 734-475-3158; likewaterdrumworks@hotmail.com.

Frame Drum Intensive: Two Weekends with Judy Piazza • May 21 and June 11, 10 a.m.-6 p.m. and May 22 and June 12, 9 a.m.-2 p.m. • Develop skills on tambourine and tar, and other frame drums. Rhythms and styles drawn from the Middle East, North Africa, South India, Brazil and from our own spontaneous natures. Develop your sense of rhythm, combine voice and drums and more. For beginners as well as those with some experience. $280 for all. Call 761-5972; jpiazza@igc.org.

Earth Medicine

Sacred Earth Care Community Involvement Workshop sponsored by the People's Food Co-op • May 14 • To help organize and educate the community and assist in establishing by-laws to ban pesticides, chemical herbicides and fertilizers, we are forming a Community Protection Alliance to gain mass acceptance and assist in passing a pesticide-free ordinance at both the city and countywide levels to improve the health of all. In alliance with the People's Food Co-op, we are conducting a community involvement workshop which will cover and discuss current threats and dangers of chemical exposure, local progress being made, benefits of community bans on chemical spreading, incredible results achieved through Super Biodynamic agriculture, safe pesticides and how they work and an effective recipe to produce your own slug killer pesticide. For time and location, call Sacred Earth Care at 834-4179 or Cynthia Edwards at the People's Food Co-op at 994-4589; education@peoplesfood.coop.

Medicine for the Earth: Personal and Environmental Transformation with Kate Durda • May 14, 10 a.m.-5 p.m. and May 15, 9:30 a.m.-3:30 p.m. near Lansing • This powerful two-day experiential workshop is based on the work of Sandra Ingerman in her most recent book, *Medicine for the Earth*. You will learn how to transform personal and environmental "pollution" by learning how to transmute negative beliefs, attitudes and the energy that comes forth from our emotions. Learn about alchemy and how to create miracles. Ends with a healing ceremony Sunday afternoon. $120-$150 sliding scale. Call Spirit Weavers at 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Energy Work

Energy Principles with Linda Greene • Mondays, June 6-27; 5:30-8 p.m. • Four introductory classes include noticing and moving energy, the five elemental chakras, polarity nutrition and polarity yoga. Learn about the energy circulation of the body, how polarity helps you move and regulate energy. Relate life's experiences to your body's condition. Optimizing energy heals physical conditions, builds vitality, restores balance and brings clarity, joy and focus to our lives. $150 includes one private polarity session. $35 for each individual class. Call 662-2029; lingreene@aol.com.

> We shall never know all the good that a simple smile can do.
> -Mother Teresa

Healing Touch Practitioners Support Night with Great Lakes Center for Healing Touch • First Tuesday of the month, 7-9 p.m. • The Great Lakes Center for Healing Touch student training clinic is ideal for helping you move towards HT Certification and staying in touch with Healing Touch practitioners in the area. $20 or $10 for clinic members. Call 332-9332.

Healing Touch Level 1 with Barb McConnell • June 11-12, 8 a.m.-6 p.m. • This is the first class in the certification sequence that covers many non-invasive techniques for clearing, energizing and balancing human and environmental energy fields. This is based on heart-centered caring for others and promotes physical, mental, emotional and spiritual healing. 19 CEU's available for nurses and massage therapists. $275. Call 517-522-4790.

Introduction to Healing Touch/Self Care with Barb McConnell • June 25, 9 a.m.-1 p.m. • This class gives you a basic introduction to energy healing in general and teaches the importance of taking care of yourself. You will learn some basic techniques and have time to practice them. Refreshments provided. $70 includes materials. Call 517-522-4790.

Introduction to Healing Touch/Pain Management with Barb McConnell • Aug. 20, 9 a.m.-1 p.m. • This class gives you a basic introduction to energy healing. You will learn some basic, non-invasive techniques to help control pain and have time to practice them. Refreshments provided. $70 includes materials. Call 517-522-4790.

Esoteric Healing

Esoteric Healing Level One with Laurie Akerros • Aug. 4-7, 9 a.m.-5 p.m. daily • All life is vibration at different frequencies and disturbance in the flow of energy in the field results in compromised health: physically, emotionally, mentally, and spiritually. This class will teach practitioners to sensitize their hands and awareness to learn to assess and treat the energy field in order to assist balancing the individual and creating optimum condition for wellness. Open to beginners as well as experienced practitioners of other energy modalities. $350. Call 995-2719; www.esotericenergyhealing.com.

Exhibitions

Art in the Barn with Jean Booms, Marge McFarland and Kate O'Brien at Visitation Spirituality Center • Opening reception Aug. 7, 4-6 p.m. • Selected works of art with exhibition running through Sept. 2. • Free. Call 734-242-5520; visitation@ihmsisters.org.

Jewelry and Objects Exhibition at the Ann Arbor Art Center • May 27-June 25 • Held in collaboration with the Michigan Silversmiths Guild, jewelry and objects showcase the best of metal statewide. Opening reception will be held on June 3 from 6-8 p.m. A juror's lecture will be held with Munya Upin on June 4 at 7 p.m. Free. Open Monday-Thursday 11 a.m.-6 p.m., Friday-Saturday 11 a.m.-9 p.m., Sunday Noon-5:30 p.m. Call Amanda Krugliak at 994-8004 ext. 104; info@annarborartcenter.org.

Gallup-Wolff-Eldean-Barkey at the Ann Arbor Art Center • July 1-30 • Playful, experimental and overflowing with images and ideas, Gallup's collages, Eldean's assemblages, Wolff's paintings on materials like torn paper and Barkey's prints will delight and surprise. Opening reception July 8, 6-8 p.m. Free. Open Monday-Thursday 11 a.m.-6 p.m., Friday-Saturday 11 a.m.-9 p.m., Sunday Noon-5:30 p.m. Call Amanda Krugliak at 994-8004 ext. 104; info@annarborartcenter.org.

Potential! Youth Art Show at the Ann Arbor Art Center • April 22-May 23 • Potential! features an all-media juried exhibition of high school students' artwork. This annual exhibit is widely regarded as a premier showcase for the rich artistic talent of are youth. Reception and awards presentation April 29, 6-8 p.m. Free. Open Monday-Thursday 11 a.m.-6 p.m., Friday-Saturday 11 a.m.-9 p.m., Sunday Noon-5:30 p.m. Call Amanda Krugliak at 994-8004 ext. 104; info@annarborartcenter.org.

Gallery Shows at University of Michigan Museum of Art • Hours are Tuesday-Saturday: 10 a.m.-5 p.m.; Thursday: 10 a.m.-9 p.m.; Sunday: Noon-5 p.m. • Admission is free with $5 suggested donation. For more information, call 763-UMMA; www.umma@umich.edu.
Gustav Klimt and Egon Schiele: Two Draftsmen of the Vienna Secession • Through May 22 • Klimt and his follower Schiele were among a group of avant-garde artists at the turn of the last century known as the Vienna Secession, who believed that all the arts could renew and elevate humanity.
Art of the Written Word in the Middle East • Through June 5 • This special exhibition explores different forms of writing through religious, poetic and legal manuscripts, as well as inscribed tiles, ceramics and metalwork dating from the 8th century to the present day.
Pop! • June 5-Sept. 25 • Revisit the era of love, tomato soup and revolution in this exuberant presentation of Pop art. The exhibition showcases more than 100 vibrant works of art from public and private collections.
The Enduring Art of the Korean Potter • Through July 24 • This is the debut of UMMA's newly acquired Hasenkamp-nam collection of Korean art – a visually stunning array of earthenware, stoneware and porcelain spanning two millennia.

Feng Shui

Clutter Clearing with Feng Shui with Joy Naylor • May 3, 10, 17, 24; 7-8:30 p.m. at Crazy Wisdom's Community Room • This four-week workshop will introduce you to the basic concepts of feng shui and the energetic ramifications of living with clutter. You will be provided with practical advice and support in working on a real life cluttered area in your home or office. $65 for series. Call 645-1188.

Herbs, Plants & the Garden

Gaia Center Presentation: New Natural Healing School in Ann Arbor with Mary Light, sponsored by People's Food Co-op at Crazy Wisdom's Community Room • May 4, 7:30-9 p.m. • Come hear a free talk about the Herbal Pathways Program, individual classes and other interesting workshops for 2005-06 for professional and personal continuing education. Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Herbal Medicinal Making Intensive with Mary Light of Gaia Center for Holistic and Herbal Studies • June 13-17 or July 25-29, 9 a.m.-5 p.m. • Herbal apothecary and formulary skills intensive to make everything (balms, salves, tinctures, poultices, fomentations, syrups, pessaries, pills and more) you have ever imagined in the medicinal herbal realm. $800 per week-long seminar. Each seminar is different. Call 769-7794; matagaia@yahoo.com.

This IS a Free Lunch: Wild Harvesting with Linda Diane Feldt at Crazy Wisdom's Community Room, sponsored by People's Food Co-op • May 26, 7:30-9 p.m. • Yes, Virginia, there's plenty of healthy, delicious food out there, free for the picking! Go on a journey through nature's salad bar; you may be surprised to find some ingredients in your own yard. This may be the one instance where you get infinitely more than you pay for! Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

> The future belongs to those who believe in the beauty of their dreams.
> - Eleanor Roosevelt

Herbal First Aid with Linda Diane Feldt at Crazy Wisdom's Community Room, sponsored by People's Food Co-op • June 23, 7:30-9 p.m. • What herbs help in acute but minor injuries? What should every herbal first aid kit contain? What can you safely use and when can you use it? This presentation will help you to be better prepared and more effective when you need to be. We will also cover some additional resources that can be helpful. Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

The Five Most Popular Herbs with Linda Diane Feldt at Crazy Wisdom's Community Room, sponsored by People's Food Co-op • July 28, 7:30-9 p.m. • While herbs have become part of our accepted health care, few people know more than the basics of even the most popular herbs. In this lecture/discussion, you will learn more about the herbs you may already use. In covering five of the most popular herbs, we will explore the most effective forms, less popularized uses, how to grow and harvest the herb yourself and research and cautions. Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

How to Talk to Plants and Avoid Giving the Impression of Lunacy with Linda Diane Feldt at Crazy Wisdom's Community Room, sponsored by People's Food Co-op • Aug. 25, 7:30-9 p.m. • From the basic, "Do you want more water?" to the advanced, "Which leaves should I pick off you to eat?", this lecture explores various ways we can communicate with plants and discover what they have to share with us. Without looking like a lunatic! Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

A Prescription for Life: Living with Energy, Health and Vitality with Rosemary Gladstar • April 29-May 1 • Renowned herbalist Rosemary Gladstar will share her wisdom and insights on the use of herbs to enhance well-being and vitality. Topics to be covered in this three-day workshop include herbs for family health, foundational wellness for women and herbs for longevity and well-being. $200. Call 248-737-3589; jim@herbcraft.org or www.herbcraft.org.

Vernal Virtues: Michigan Medicinal Plants with Jim McDonald • May 22, 11 a.m.-6 p.m. • Join herbalist Jim McDonald in exploring the woods and meadows surrounding Upland Hills Ecological Awareness Center in search of many common, medicinal herbs that grace our vernal landscapes. Jim will cover identification, ethical wildcrafting and responsible use of the plants discovered. Experiences, stories, folklore and a plethora of handouts will complement the day's discussions. $35 or $30 in advance. Call 248-737-3589; jim@herbcraft.org or www.herbcraft.org.

Spring Into Summer: Michigan's Medicinal Plants with Jim McDonald • June 4 in East Lansing, June 26 in Ann Arbor • Join herbalist Jim McDonald in exploring the woods and meadows in search of many common, medicinal herbs that grace our vernal landscapes. Jim will cover identification, ethical wildcrafting and responsible use of the plants discovered. Experiences, stories, folklore and a plethora of handouts will complement the day's discussions. $35. For times, call 248-737-3589; jim@herbcraft.org or www.herbcraft.org.

Midsummer Medicines: Michigan Medicinal Plants with Jim McDonald • July 24, 11 a.m.-6 p.m. • Join herbalist Jim McDonald in exploring the woods and meadows surrounding Upland Hills Ecological Awareness Center in search of many common, medicinal herbs that grace our vernal landscapes. Jim will cover identification, ethical wildcrafting and responsible use of the plants discovered. Experiences, stories, folklore and a plethora of handouts will complement the day's discussions. $35 or $30 in advance. Call 248-737-3589; jim@herbcraft.org or www.herbcraft.org.

Summer into Fall: Michigan's Medicinal Plants with Jim McDonald • Aug. 6 in East Lansing, Aug. 21 in Ann Arbor • Join herbalist Jim McDonald in exploring the woods and meadows in search of many common, medicinal herbs that grace our vernal landscapes. Jim will cover identification, ethical wildcrafting and responsible use of the plants discovered. Experiences, stories, folklore and a plethora of handouts will complement the day's discussions. $35. For times, call 248-737-3589; jim@herbcraft.org or www.herbcraft.org.

Holistic Health

Natural Alternatives for Chronic Fatigue and Fibromyalgia with Mary Light of Gaia Center • May 3, 7-9 p.m. • Class series on nonmedical alternatives to healing chronic illness by naturopath and herbalist Mary Light. $50 for two sessions. Call Community Education at 994-2300; matagaia@yahoo.com.

When to Say No to Prescription Drugs with Judy Stone, sponsored by the People's Food Co-op • May 17, 7-8:30 p.m. • Have you questioned whether to turn down prescription drugs in favor of alternative treatments? Do you wonder if there are safe and effective alternative treatments for your problem? This class will be an opportunity to explore the pros and cons of choosing non-pharmaceutical options to treat common conditions such as depression, high cholesterol, hypertension, gastrointestinal problems and chronic pain. Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Heart Disease: The Latest Information for Prevention with Amy Dean at Crazy Wisdom's Community Room, sponsored by the People's Food Co-op • May 25, 7:30-9 p.m. • Heart disease is the #1 cause of death of women and men in the U.S. Research reveals a connection between pollution and heart disease. Hear the latest information on testing, nutrition and prevention. Learn to identify environmental and other risk factors. Learn ways to correct an increased risk of heart disease. Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Herpes: From Scarlet H of the 70's to the Rarely Mentioned (Yet Still Pervasive) Problem of Today with Malcolm Sickels • May 8 at Dr. Sickel's office, May 12 at Whole Foods Market, May 19 at Crazy Wisdom's Community Room sponsored by People's Food Co-op; 7 p.m. • Herpes exploded on the national scene in the 70's and early 80's, but has faded from national attention. In the meantime, many continue to acquire herpes and live with it. Whether you have herpes, know someone who does or want to know more about it, we will discuss what herpes is, what it does and how to manage it, from new medications to alternatives for treatment. Free. Call 332-9936; drsickels.com.

Mercury, Fish and You with Malcolm Sickels • June 2 at Dr. Sickel's office, June 16 at Crazy Wisdom's Community Room sponsored by People's Food Co-op, June 23 at Whole Foods Market; 7 p.m. • Mercury is hitting the news these days, as is the benefit of eating fish. What are the risks and benefits of mercury and fish and how can we safely negotiate the pitfalls? Free. Call 332-9936; drsickels.com.

Cardiac Disease and Health with Malcolm Sickels • July 7 at Dr. Sickel's office, July 14 at Whole Foods Market, July 24 at Crazy Wisdom's Community Room sponsored by People's Food Co-op; 7 p.m. • With cholesterol becoming the biggest driving force behind pharmaceutical sales, there is more interest than ever in cardiac disease and what can be done about it. Learn more about the mechanisms of cardiac disease, and the varieties of treatments available, ranging from medications to lifestyle changes to alternative treatments. Free. Call 332-9936; drsickels.com.

Children's Nutrition with Malcolm Sickels • Aug. 4 at Dr. Sickel's office, Aug. 18 at Crazy Wisdom's Community Room sponsored by People's Food Co-op, Aug. 25 at Whole Foods Market; 7 p.m. • We all know nutrition is important, and nowhere is it more important than in children. Rapidly turning food into growing bodies, they have the most to benefit or lose from their diets. Learn more about how we can give our children the best start, from the womb through the teenage years. Free. Call 332-9936; drsickels.com.

Homeopathy

The Homeopathic Kit: What It Is and How To Use It with Mary Tillinghast of Castle Remedies • May 11, 7-9:30; May 14, 2-4:30; May 19, 7-9:30; May 23, 7-9:30; June 4, 2-4:30; June 15, 7-9:30 • The Homeopathic Kit is a practical class which covers choosing and using homeopathic remedies for home care. Although we will briefly touch on the history and theory behind homeopathic prescribing, our focus will be putting homeopathy into practice for ourselves and loved ones. We will cover using remedies for colds, coughs, sore throats, fever, minor infections, skin conditions, stomach problems as well as injuries. It is recommended that you have the Castle Remedies Home Care Kit or similar. *The Homeopathic Kit Manual* containing a materia medica will be provided. $65. Call 973-8990; castleremedies@earthlink.net.

Hypnosis & Hypnotherapy

Hypnosis for the Health of It with Eileen Bond • May 15, 2-4 p.m. • Learn what hypnosis is, and why and how it works. Learn how hypnosis can be used for health and healing. $20. Call 330-7595.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $90 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com.

The Crazy Wisdom Calendar

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568; in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • Sundays, 2-5 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot and Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing and journeying. $1 per minute. No appointment necessary. Call Marcella at 734-717-8513.

Advanced Meditation Retreat with John Friedlander • Evening of May 13 through May 15 • In this seminar, advanced meditators not only learn to sustain their attention on chakra keys to unlock psychic abilities, we undertake advanced explorations such as using one's clairvoyance to activate and run one's kundalini. Consequently, large, long term transformations are facilitated. $275. For times, call Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development I: Boundaries and Flow with John Friedlander • June 18 and 19, Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m.; Dates in July and August to be determined • Learning how to be aware of, and how to transform our aura, transforms our love and life experiences. In this seminar, every exercise furthers the development of at least one of the two basic abilities: finding one's own psychic energy (one's own authentic impulses) and clearing blocks to progress. Students learn how to ground and run energy, clear blocks, how to find, clear, and repair chakras and how to explore deeply the entire volume and frequency range of the aura (called layers of the aura). $190. For dates, call Stephen at 945-9100 or Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development II: Space, Seniority, Neutrality and Spiritual Fuel with John Friedlander • Offered in June, Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • In this two-day workshop, we will develop a deep understanding of how we use our own aura space to create our reality. We begin with psychic explorations that familiarize us with our space, and how we subdivide it through resistance to others. We can then learn to create our aura space through awareness rather than resistance. In this resulting neutrality, we become able to create our reality less and less through resistance to another, and more and more from own spiritual fuel. $190. For dates, call Stephen at 945-9100 or Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development III: Seeing Auras with John Friedlander • Offered in August, Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • In this two-day seminar, we will explore the psychic anatomy of clairvoyance (seeing auras), how to activate and empower this perception and several ways to use this ability in making decisions, in healing oneself and others and in deepening one's understanding of oneself and others. We will then move to actually doing comprehensive, systematic psychic readings in partnership with fellow students. Participants usually find they can easily increase their ability to perceive genuinely useful aura energies in just this one weekend, and that they are well started on an adventure of a lifetime. $190. For dates, call Stephen at 945-9100 or Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development IV: Channeling with John Friedlander • Weekend dates to be determined, Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • Learn the clairvoyant mechanics of skillful channeling and how to prepare your space for channeling by running an ever clearer white light while still owning and governing who and what occupies your space. This requires clearing psychic agreements, karma and thought forms that distort ordinary awareness and channeling. $190. For dates, call Stephen at 945-9100 or Rose at 998-0340; rose_m_48105@yahoo.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • May 28-29, 10 a.m.-5 p.m. • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. You also learn to communicate with both your own and others' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $179 with early payment and multiple discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • July 30-31, 10 a.m.-5 p.m. • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $189 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Date and times to be announced, Saturday and Sunday, 10 a.m.-5 p.m. • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $199 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Free Workshop with Shala Kilmer • May 7 or July 2, 2-4:30 p.m. • Shala teaches people to use their own psychic abilities. Results can be seen immediately. Free. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Jain Teachings

Weekend Workshop with Jain Master Gurudev Shree Chitrabhanuji through Lighthouse Center • July 15-17 • Gurudev Shree Chitrabhanuji is a Jain Master who brings to the West the 5,000 year old teachings of Ahimsa (non-violence), reverence for life and relativity of thinking. Through these teachings, he gives practical guidelines for everyday life. He will give a lecture each day and will also be available for private consultations. $10-$30 each day. Call Prachi at 734-449-4381.

Weekend Talks with Jain Master Gurudev Shree Chitrabhanuji through Lighthouse Center • May 16 and 17, 7-8 p.m. • Gurudev Shree Chitrabhanuji is a Jain Master who brings to the West the 5,000 year old teachings of Ahimsa (non-violence), reverence for life and relativity of thinking. Through these teachings, he gives practical guidelines for everyday life. $10-$30 donation. Call Prachi at 734-449-4381.

Kids & Young Adults

For more summer activities for young people, please see listings in the Camps section.

Girls Coming of Age With Purpose, Passion and Direction with ShuNahSii Rose • May 9, 7 p.m. at Crazy Wisdom's Community Room • Preserving the spirit and vitality of our children can be a challenging process in the modern world. There are, however, educational and cultural models that prove infinitely valuable in this quest. Anyone in relationship with girls in the coming of age years will benefit from this rich and evocative introductory evening, which will include lecture, slides, storytelling and community discussion. Young people welcome. Free. Call 761-9148; thedianaproject@comcast.net.

Crystal Kids Club: Light Your Purpose with Rev. Victoria Jewel Hart sponsored by Kid by Kid • May 21, 10:30-11:45 a.m. in Shelby Township • Dr. Hart will speak to children ages 5-12 about what it means to be an Indigo/Crystal child. Using each child's date of birth, her extensive knowledge of astrology and her strong prophetic ability, she will speak to each child about his/her specific purpose here on Earth. $5 per child, accompanied by an adult. Adults are free. Call Michelle at 586-781-2345; info@crystalkids.net.

Second Annual Breakin' Curfew Performance through University Musical Society and the Neutral Zone • May 7 at Power Center • In April 2004, Ann Arbor area youth raised the curtain on a rare glimpse of the performance art they create in their basements and garages, on their back porches and at Ann Arbor's teen center, the Neutral Zone. Created by local high school students, this event blended rock and roll, hip hop, ska, jazz, poetry and more to form a blow-out extravaganza of thought-provoking musical, lyrical and visual art. This year's Breakin' Curfew promises another great group of performances. $10 or $7 in advance. Call UMS Ticket Office at 764-2538; www.ums.org.

Natural Building Family Day with Deanne Bednar • July 21, 10 a.m.-4 p.m. • Explore natural building with your children. Come visit the enchanting thatched-roof Strawbale Studio, located on rural land one hour north of Detroit, and learn some real natural building skills. Tour the studio, make an earthen mix, make an earthen model to take home, apply an earthen plaster to a strawbale and see a short video. Fun and engaging. Bring your own lunch. Individuals and families welcome. $55 for adults or $45 prepaid. Two adults for $80 prepaid. $20 per child or $15 prepaid. Call Deanne Bednar at 248-628-1887; ecoartdb@aol.com.

Jazz Workshop with Greg Patterson through Dance Gallery Studio • May 1, 1-2:30 for Beginner/Intermediate, 3-4:30 for Intermediate/Advanced • Dance Gallery Studio presents two jazz workshops for teens and adults. $20 per class. Call Katie Contessa at 747-8885; dgkcontessa@sbcglobal.net.

Youth Summer Semester of Dance through Dance Gallery Studio • June 20-Aug. 13 • Dance Gallery Studio's youth summer semester offers classes in creative movement, pre-ballet, modern and jazz for students ages 4 and up. The pre-professional training program offers students a challenging yet rewarding atmosphere in which to grow and perfect their ballet technique and begins at age 7. For complete information, call Katie Contessa at 747-8885; dgkcontessa@sbcglobal.net.

Dance Gallery Studio's Youth Intensive • July 18-22, 10 a.m.-4 p.m. • The summer youth intensive is for youth ages 7 and up who are interested in a focused study of dance. Students participate in a variety of classes including ballet, modern, choreography, pointe, repertory, health and fitness. For complete information, call Katie Contessa at 747-8885; dgkcontessa@sbcglobal.net.

Teen Week at Song of the Morning Ranch with Frank Wheeler, Gloria Barbetta and Erich Moraine • July 22-31 • A week for teenagers 12-18+ to jump from childhood to adulthood in the most productive and fun way possible. Come participate in a high energy and high awareness week of challenge and growth. $75 includes room and board. Call 989-983-4107; office@goldenlotus.org.

Doing Ohashiatsu brings me so much joy. I never have to work, I actually just find the qi and dance with it. It is amazing how our qi is so alive and only needs someone to touch it for it to flourish, grow and move. For me it is the perfect contradiction to our culture, no sickness, no fixing, and no work, it is all about trusting and playing.

- Frances Farmer

Summer Retreat for Adults and Young People with Brenda Morgan and Advanced Practitioners • Aug. 19-21 in Mackinac Island • Two retreats running simultaneously but separately: Everlasting Love for adults and Learning To Be One with Nature, with Each Other and All That Is for young people. For programs, fees and registrations brochures, call Susan at 665-0536.

Summer Dance Intensive in Ballet and Modern for Ages 7-15 with Slavka Jelinkova and Amanda Stanger-Read of Arts in Motion Dance Studio • Aug. 22-27, 9:30 a.m.-3 p.m. • Students will take ballet, pre-pointe or pointe, character and variations, modern, improvisation and composition. $270. Call 646-9417; amanda@artsinmotion.net.

Storytelling Saturdays at Nicola's Little Professor Bookshop • Every Saturday, 11 a.m. • Local storytellers come to tell wonderful stories for children. Free. For information on presenters, call 662-4110.

Teen Yoga with Laurie Blakeney of Ann Arbor School of Yoga • Ongoing classes • Large studio with equipment provided. For complete information, call 663-7612; www.annarborschoolofyoga.com.

Yoga and Meditation for Teens with Ema Stefanova • Ongoing starting May 23: Mondays, 5:15-6:15 p.m.; Tuesdays, 4:45-5:45 p.m. • The teen years of exploration and development are deeply honored in yogic tradition and are supported by their own unique system of yoga, meditation, breathing and relaxation. This is a very popular class, so register early! For cost, call 665-7801; emastefanova@cs.com.

Yoga for Kids Ages 4-6 and Their Parents or Grandparents with Ema Stefanova • Ongoing • For kids ages 4-6 and their families, this class is a fun and learning experience for the whole family. Postures, breathing, meditation and dynamic kids' type traditional yoga relaxation will be experienced. For cost, call 665-7801; emastefanova@cs.com.

Mother's Day Yoga Practice with Teachers of Astarte Yoga in Farmington • May 8: 8:30 a.m., 10 a.m., 11:30 a.m. and 6:30 p.m. • Spend time on the mat with your mother, grandmother, daughter, sister, granddaughter or anyone moving us further into honoring the sacred feminine. Deep respect for the nurturing, compassionate, loving essence of all beings bringing forth gentle guidance for ourselves and the world community. Men are welcome, as are students ages 14 and over. $12 for two students. Call Terri Wong at 248-427-0550; www.astarteyoga.com.

Father's Day Yoga Practice with Teachers of Astarte Yoga in Farmington • June 19: 8:30 a.m., 10 a.m., 11:30 a.m. and 6:30 p.m. • Spend time on the mat with your father, grandfather, son, brother, grandson or special male in your life. Allowing yoga practice on the mat to keep us in touch with the power we all have to guide and direct our own lives. With respect for the wisdom and teachers in us all, share this time of honoring the male essence of our lives. Women are welcome, as are students ages 14 and over. $12 for two students. Call Terri Wong at 248-427-0550; www.astarteyoga.com.

The Labyrinth

Labyrinth: Earth Works, Earth Ritual with Mary Light of Gaia Center • May 20, 6:30-9:30 • Come learn about and assist in the birth of a living, growing labyrinth. $9. Call 769-7794; matagaia@yahoo.com.

Love & Relationships

Make Time for Your Relationship with Stephanie LaCrosse • May 11 or July 27, 7-8:30 p.m. at Crazy Wisdom's Community Room • This workshop is a great choice at any stage in your relationship. Couples will learn how to evaluate strengths and weaknesses in their relationships using traditional engineering methodology. A variety of tools, including hypnosis, will be used to teach participants ways to handle relationship challenges. $50 per couple. Call 313-590-1600; info@hyperteampercina.com.

Relationship 101: Improving Your Relationship with Brady Mikusko • June 18, 9:30-12:00 • Most people think that when the find "the one" they can concentrate on the rest of their life: setting up a home, education, family, job, etc. They focus much of their attention on these details of their life and their relationship takes a back seat. This workshop aims to help participants move their relationship to center stage. It provides participants with concrete ways and skills to improve their relationship, through a combination of teaching and exercises in a small group setting. $50 per person or $90 per couple. Call 747-8240; bradymikusko@ameritech.net.

Conflict Resolution for Couples with Brady Mikusko • June 30, 7:00-9:00 • This is a very practical workshop to help you deal with conflict more constructively in your relationship. Many people hate conflict. Many people avoid conflict. This workshop will help you see conflict in a different light and provide you with very concrete skills to help you communicate more effectively with each other. $40 per person or $75 per couple. Call 747-8240; bradymikusko@ameritech.net.

Relationship Workshop with Ron and Danyelle Jones through Renaissance Unity in Warren • June 26, 1-4 p.m. • $20. For details and tickets, contact www.renaissanceunity.org.

Finding Your Soul Mate with Shala Kilmer • May 14, 10 a.m.-4 p.m. • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. Limited to 6. Noon meal and snacks provided. $120. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Call 665-2757.

Belavi Facelift Massage Seminar with Patricia McAninch • May 14-16 or July 23-25; 9:30 a.m.-5:30 p.m. each day • 24 CEU opportunity for massage therapists and healing arts professionals. Expand your business and turn your treatment room into a spa with this holistic, pampering treatment. $835. Call Patricia McAninch at 800-235-2844 or 747-7661; info@belavi.com.

Meditation

Shambhala Meditation with Mark Froelich at Crazy Wisdom's Community Room • May 7, 10:30-12:00; June 9, July 14, Aug. 11; 7:30-9 p.m. • Shambhala is suited for both beginning or experienced meditators. The class begins with meditation instruction, a brief period of meditation, ending with a talk and discussion. The teachings of Shambhala are nonsectarian and draw on a wide variety of contemplative traditions, including Bon, Taoism and Tibetan Buddhism. The simple and profound practice taught is mindfulness-awareness meditation. The Shambhala Meditation and Study Group welcomes people of all religious traditions as well as those who follow no particular spiritual path. Free. Contact froelich@aol.com.

Huron River Sangha Meetings • Wednesday evenings • The Huron River Sangha practices mindfulness meditation in the tradition of Thich Nhat Hanh, a Vietnamese monk and teacher from Plum Village, France. We meet for sitting and walking meditation and dharma discussion. For times, call Laura Seligman at 327-1180; soaringcrane1@comcast.net.

A Day of Stillness: A Meditation Retreat with Susan Morales • May 7, 9:30 a.m.-4:30 p.m. • Spend a day focusing on the stillness within you. You will learn a variety of meditation techniques that will increase your mind/boy awareness. Enjoy an organic lunch and take a silent walk along a trail on the Huron River. $75. Call 665-4655; smmorales@qwestonline.com.

Obstacles to Meditation and How to Overcome Them with Lucinda Orwoll • June 12, 2-3:30 p.m. • Meditation is a vehicle to health and self-realization. Many people find it difficult to establish an ongoing practice. We will discuss common obstacles and how to overcome them. $20. Call 945-3024.

The Crazy Wisdom Calendar

Meditation (continued)

Mindfulness Meditation Weekend with Sam Ewalt at Song of the Morning Ranch • May 13 in the evening through May 15 in the morning • An introduction to mindfulness based on the teaching of Thich Nhat Hanh. Basic techniques for sitting and walking meditation, perfect for beginners and those who find sitting for long periods difficult. Free, with meals and accommodations separate. Call 989-983-4107; office@goldenlotus.org.

Meditation for Adults and Teens with Ema Stefanova • Sundays 3:30-5 p.m., Mondays 8:00-9:00 a.m. or 8:00-9:00 p.m., Tuesdays 3:30-4:30 p.m. • Techniques for the yoga and tantra traditions will be practiced to develop deep relaxation (pratyahara) and one-pointed concentration (dharama) to lead participants into spontaneous meditation (dyama). For cost, call 665-7801; emastefanova@cs.com.

For Beginners: Introduction to Vipassana Meditation - A Half-Day Workshop with Deep Spring Center • May 14 with Dorothy Ann Coyne and Mary Grannan, 9 a.m.-Noon; July 16 and Aug. 13 with teachers to be determined • An introduction to insight meditation. No experience necessary. This program provides an excellent opportunity to find out what Vipassana is all about and experience the practice firsthand. The workshop is also recommended for meditators who would like a refresher in practice fundamentals. Wear comfortable clothes. Meditation cushions and chairs provided. $15. Call DSC at 477-5848; info@deepspring.org.

Vipassana with an Open Heart: A Residential Meditation Retreat with Barbara Brodsky, John Orr and Aaron with Deep Spring Center • Two options: June 17-25 or June 17-20 • Along with vipassana (insight meditation), we'll work with support practices that invite us to open our hearts and minds to whatever suffering we may see and feel. We open with courage and gentleness, bringing both wisdom and compassion to the present moment. The retreat will be held in noble silence, with instructions for beginning and advanced meditators, evening talks and optional group meetings and private interviews with the teachers. Mindfulness throughout the day will be the intention, with alternating periods of sitting and walking practice. The meditations derive from Buddhist traditions but no special religious beliefs are necessary to the practice. $455 for full week or $285 for four days, plus donation for the teachers. Call DSC at 477-5848 or Pat Shalis at 996-3743; info@deepspring.org.

Sunday Morning Group Meditation with Susan Weir and other Deep Spring Center Teachers • Every Sunday, 9:30-11 a.m. • Sunday morning sitting (insight meditation) for one hour, followed by a half-hour dharma discussion. No registration needed. Donations gratefully accepted. Call DSC at 477-4858 or Susan Weir at 663-1675; susan@weirdolls.com or info@deepspring.org.

Meditation for Beginners or Continuing Students with Carol Blotter of Deep Spring Center • Tuesdays April 26-June 7 (no class May 3); Beginners: 6:30-8 p.m., Continuing: 8-9:30 p.m. • Meditation teaches us to see life as a constantly changing process, and we being to accept all aspects of life with less stress and increasing balance and harmony. This balanced awareness, grounded in the present moment, leads to a calm stillness and a growing understanding of the nature of life. Meditation practice is suitable for those of any religion, and those who practice it find more contentment in their lives. Contact Chelsea Community Education at 433-2206. For class content, call Carol at 475-9312.

Vipassana (Insight) and Lovingkindness Meditation with David Lawson and Frank Levey of Deep Spring Center • Thursdays, July 7-Aug. 25; 7:15-9:30 p.m. • How can we bring greater attention, awareness and care into all aspects of our daily lives? How can the qualities of lovingkindness, compassion, sympathetic joy and equanimity be further expressed in the world? As we work with practices of mindfulness and meditation, we develop greater clarity and deeper understanding of how things really are. This growth enables us to act more skillfully in the world. Basic meditation instruction for beginners or those wanting a review will be provided. $49. Class size is limited. To register, call Ann Arbor Community Education at 994-2300 ext. 203 or see www.reced.aaps.k12.mi.us. For class content, call David at 662-8317 or Frank at 975-4448.

Sunday Candle Light Healing and Meditation Ceremony through Lighthouse Center • Weekly, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, mantra meditation, affirmations and visualizations, Reiki healing and healing circle. No cost; love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Introductory Meditation Lecture with Nirmala Nancy Hanke through Lighthouse Center • May 27, June 24, July 29, Aug. 26; 7-10 p.m. • An introduction to mantra meditation with a one hour presentation, followed by meditation and empowerment. $20. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Intensive Meditation through Lighthouse Center • First and third Fridays of each month, 7-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra centers. No cost; love offering. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Menopause

Make Time for Menopause with Linda LaCrosse at Crazy Wisdom's Community Room • June 8 or Aug. 10, 7-8:30 p.m. • This powerful and innovative Learning Lab draws from a variety of disciplines to give participants tools to understand, access and even embrace menopause as a powerful phase of their lives. Activities, handouts, recipes and reinforcement hypnosis cd included. $35. Call Stephanie LaCrosse at 313-590-1600; info@hyperteampercina.com.

Men's Work

Men's Issues Therapy Group with Cam Vozar • Mondays starting May 2, 7-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, anxiety, isolation and divorce. $40 per session with some insurance accepted. Call 747-9073; cvozar@aol.com.

Midwifery

Celebrating Birth: Past, Present and Future with Ina May Gaskin and Harriette Hartigan sponsored by Michigan Midwives Association • May 5, 6:30-9:30 p.m. and May 6, 8:00 a.m.-4:00 p.m. • Thursday's event with booths and silent auction will open with a slide show by Harriette Hartigan. Gaskin will speak on the herstory of the Midwifery Movement, where it is today and where it is heading. More educational workshop for professionals in the field on Friday. $5 suggested donation. Call Bonnie Marquis at 332-6125; www.michiganmidwives.org.

Mothering

The Myths of Motherhood with Melisa Schuster • June 25, 10 a.m.-Noon • Mothering is a demanding and challenging job. How do you balance meeting your own needs with those of your child? How do you find time in your busy day to nurture yourself? What resources are available for mothers of young children? This class will help you to discover some strategies for caring for yourself as a mother and will challenge some of the assumptions about mothering that may prevent you from getting your needs met. $10. Call 302-0033; melisa@gocoho.org.

Mothering Arts Support Group with New Moon Midwifery, Merilynne Rush and Amanda Smith • Thursdays, 11 a.m.-1 p.m. • Free drop-in session open to all parents of little ones to share resources, ideas and support for attachment-style parenting. Children of all ages are welcome. Very informal. Discussion topics vary based on your suggestions and needs, with guest speakers from the community. Free. Call 424-0220; info@newmoonmidwifery.com.

Movement & Dance

Moving from the Inside Out with Linda Greene • Tuesdays in June, Noon-1 p.m. or Fridays 7:30-8:45 a.m. • Experience the joy of movement through Nia, an extremely musical, awareness-oriented blend of dance, healing arts and martial arts. Emphasis on self-expression and moving at your own pace and level. Each set of classes consists of a basic movement routine set to music, including freedance (guided improvisation) with a sensate focus and a spiritual intention. A wonderful way in which to fully inhabit and develop your body, mind and spirit. Dates in July and August to be determined. $40 for four classes or $12 drop-in. Call 662-2029; lingreene@aol.com.

Flamenco Workshop with Monica through Arts in Motion Dance Studio and Flamenco Michigan • July 7, 6-8:30 p.m.; July 9, 11 a.m.-1:30 p.m. • Two-day intensive workshop serves as an introduction to Flamenco or Flamenco II for experienced dancers. For cost, call Mary Helen Montgomery at 662-8876; fablady@yahoo.com.

Art in Ballroom Dancing at Ann Arbor Art Center • Sundays, May 1-22; 1-2:30 p.m. • Combining both art and dancing, this workshop will focus on four ballroom dances: the waltz, the tango, the samba and swing. The workshop will also introduce painting on preformed pottery pieces and Brazilian mask decoration making. $50 or $45 members. $5 lab fee. Call 994-8004 ext. 101; info@annarborartcenter.org.

Dances of Universal Peace with Sylvia and John Middlebrooks • First Friday of each month, 7-9 p.m., except in August • All are invited to join this circle of prayer in motion. The words may be in Arabic, Sanskrit, Hebrew, Aramaic or English, but the message is one of love, harmony, beauty, peace and unity. The dances help us touch the spiritual essence within ourselves and each other. The movements are simple. All is taught. No experience needed. There will be no meeting in August. $5 optional donation. Call 996-1332; smidd@comcast.net.

Middle Eastern Dance (Belly Dance) Classes with Trish Pellerito • Thursdays, 7:30-8:30 p.m. in Canton • Beginning and continuing dance technique and practice. $80 for eight week beginner program. $60 monthly for continuing class. Call 734-495-3007.

West African Dance Class with Michele Mendy • Ongoing Saturdays, 3:30-5 p.m. • High energy, fun dance class with live music. All levels welcome. $15. Call Julie Kouyate at 547-2801.

Summer Dance Intensive in Ballet and Modern for Ages 7-15 through Arts in Motion Dance Studio • Aug. 22-27. 9:30 a.m.-3 p.m. • For complete description, please see listing under Children & Young Adults section.

Dance Gallery Studio's Youth Intensive • July 18-22, 10 a.m.-4 p.m. • For complete description, please see listing under Children & Young Adults section.

Jazz Workshop for Teens and Adults through Dance Gallery Studio • May 1; Beginner/ Intermediate: 1-2:30 p.m., Intermediate/Advanced: 3-4:30 p.m. • For complete description, please see listing under Children & Young Adults section.

Youth Summer Semester of Dance through Dance Gallery Studio • June 20-Aug. 13 • For complete description, please see listing under Children & Young Adults section.

Adult Summer Semester of Dance through Dance Gallery Studio • June 6-Aug. 13 • Classes are offered in Modern, Ballet, Jazz, Hip Hop, Yoga and Pilates. Classes are open to students ages 15 and up, with a wide range of technique levels, from novice through professional. Call Katie Contessa at 747-8885; dgkcontessa@sbcglobal.net.

Peter Sparling Dance Company's Open Rehearsal through Dance Gallery Studio • May 19, 8 p.m. • This open rehearsal offers a behind the scenes look into the rehearsal process of Michigan's premier contemporary dance company. This event is free and open to the public. Attendees will get a sneak peek of Peter Sparling Dance Company's new work for the 2005-06 season. Free. Call Leslie Williams at 747-8885.

Music & Sound

The Power of Sacred Sound • May 13-15 • Red Lotus Yoga and bestselling recording artists and international yoga teachers Gurudass present The Power of Sacred Sound workshop, accompanied by Judy Piazza, percussionist and sound healer. The Power of Sacred Sound on Friday, 7-9 p.m., $15. The Science of Sacred Sound on Saturday, 9 a.m.-5 p.m., $60. The Healing Power of Sound on Sunday, 10 a.m.-2 p.m., $30. $80 for the entire weekend. For more information, call 248-524-1935. For registration, call 248-844-9642; www.michigankundaliniyoga.com.

More Than Music: Tibet and Its Ancient Mysterious Musical Experience with Mark Handler at Song of the Morning Ranch • June 10-12 with a community concert Saturday at 7 p.m. • Explore and experience the profound effects of Tibetan singing bowls and harmonic overtone chanting. These musical techniques provide meditative, healing and consciousness-shifting opportunities. No musical background required. $100. Call 989-983-4107; office@goldenlotus.org.

Second Annual Breakin' Curfew Performance through University Musical Society and the Neutral Zone • May 7 at Power Center • For complete description, please see listing under Kids & Young Adults section. $10 or $7 in advance. Call UMS Ticket Office at 764-2538; www.ums.org.

Tenth Annual Ford Honors Program with the Guarneri String Quartet through University Musical Society • May 14, 6 p.m. at Rackham Auditorium • In celebrating the 10th Annual Ford Honors Program, UMS has selected an ensemble whose UMS performance history dates back nearly 35 years. The Guarneri String Quartet made its UMS debut appearance in 1971 and returns for its 30th Ann Arbor concert. $35-$85. Call UMS Ticket Office at 764-2538; www.ums.org.

Natural Building

Three Little Pigs Tour, Strawbale Video and Supper with Deanne Bednar • June 8, July 20 or Aug. 31; 6:30-9 p.m. • Curious about natural building and the Strawbale Studio? Come visit this enchanting thatched-roof structure and learn more about the natural building movement. Also find out about the other activities at the Studio, model-making, natural paints and plastering. Books and art for sale. $25 includes vegetarian supper. $20 early bird discount or two for $35 prepaid. Call Deanne Bednar at 248-628-1887; ecoartdb@aol.com.

Natural Building Weekend with Deanne Bednar • June 11-12 or July 9-10, 9:30 a.m.-4 p.m. • Join others to learn about and experience hands-on activities at the Strawbale Studio, a thatched roof structure with earthen covered Strawbale walls. Evening includes Natural Building videos. Shared food. Includes overnight accommodation. Some work trade available. $60 per person or $100 for two. Call Deanne Bednar at 248-628-1887; ecoartdb@aol.com.

Natural Building Family Day with Deanne Bednar • July 21, 10 a.m.-4 p.m. • Explore natural building with your children. Come visit the enchanting thatched-roof Strawbale Studio, located on rural land one hour north of Detroit, and learn some real natural building skills. Tour the studio, make an earthen mix, make an earthen model to take home, apply an earthen plaster to a strawbale and see a short video. Fun and engaging. Bring your own lunch. Individuals and families welcome. $55 for adults or $45 prepaid. Two adults for $80 prepaid. $20 per child or $15 prepaid. Call Deanne Bednar at 248-628-1887; ecoartdb@aol.com.

Introduction to Natural Paints and Finishes with Deanne Bednar • July 26, 10 a.m.-4 p.m. • Curious about earth plaster, milk paint, egg paint, beer glaze, lime and oil finishes? Explore these media and take home your sample. Day includes a tour of the Strawbale Studio and vegetarian lunch. $50 or $45 prepaid. Two for $80 prepaid. Call Deanne Bednar at 248-628-1887; ecoartdb@aol.com.

Sculpting Sacred Space: A Women's Weekend Workshop with Deanne Bednar • Aug. 19-21; Friday 7 p.m. through Sunday 5 p.m. • Hand-sculpted space is possible! In this weekend workshop, we will explore how natural materials can be used to beautifully shape interior spaces. Imagine sculpting a niche, rounded corner or arched doorway. Hands-on experience and take home an earthen model or sculpture you make. Appropriate for the home dweller, artist, interior designer and the curious! $160 or $140 prepaid for in-depth workshop for slideshow, tour of the Strawbale Studio, materials, vegetarian meals and simple lodging. For complete details, call Deanne Bednar at 248-628-1887; ecoartdb@aol.com.

Sculpting Sacred Space: A Women's Intensive Workshop with Deanne Bednar • Aug. 19-24; Friday 7 p.m. through Wednesday 5 p.m. • This five-day in-depth experience includes the weekend workshop described above, plus deeper exploration into materials and possibilities! It also includes a personal consultation on how you can apply these techniques to your own spaces, and a copy of *The Hand-Sculpted House Book*. $300 or $250 prepaid for in-depth workshop for slideshow, tour of the Strawbale Studio, materials, vegetarian meals and simple lodging. For complete details, call Deanne Bednar at 248-628-1887; ecoartdb@aol.com.

Nutrition & Food Medicine

Raw Food 101 with Amanda Sharrai • July 17 or 18 • Want to be healthy, happy and fulfilled with your diet? Local raw foodist will teach students how to transition from the SAD diet to a raw food diet, how to prepare basic raw vegan dishes and also teach the importance of sprouting and juicing. $20. For times, call 260-0517; rawclass101@rawfoods.com.

Eat to Thrive: East According to Body Type with Linda Greene • June 20, 5:30-8 p.m. plus two consultations • Each of us is unique. While there are certainly general principles for good nutrition and digestion, it is crucial that we recognize how to nourish our particular body within that framework. Using polarity nutrition principles, based on the same elemental energies as the chakras, and muscle testing to determine your individual elemental body type, we will create a customized dietary approach for you. Class includes two consultations. $120. Call 662-2029; lingreene@aol.com.

Past Life Regression

Past Life Regression: Three-Week Series with Shala Kilmer • Three weeks starting Monday, June 6; 7-9 p.m. • Experience past lives of your choice in vivid detail. You will find interesting similarities between past lives and your present life. Participants report regressing is easy and a lot of fun. $120. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Personal Growth

Workshop and Book Signing with Dan Millman, author of *Way of the Peaceful Warrior*, at Renaissance Unity in Warren • May 1, 1-3 p.m. • $20. For complete details and tickets, contact 586-758-3050; www.renaissanceunity.org.

The Cycle of Experience with Sheree Johnson • May 16, 7 p.m. • This free seminar will introduce participants to the Gestalt Cycle of Experience model and the theory of Gestalt Therapy. Free. Call Sheree Johnson at 929-0367; info@gestalt-annarbor.org.

The Shame Game with Cecile Green • June 22, 7-9 p.m. • Shame is an energy of failure and fear that strikes like lightning to keep us "in line." Understanding how this mechanism works helps us dismantle this "jack-in-the-box" way of living life and discover who we really are and the true potential for our lives. $10. Call 761-9144; heart-and-soul@comcast.net.

Manifesting Your Life Purpose with Gayle Elise Fitzgerald • June 4, 5-6:30 p.m. at Crazy Wisdom's Community Room • Discover your life purpose with a master numerologist using the ancient, metaphysical science of numerology and your birthday. You will learn how to determine the Path of Purpose vibration for yourself and others, its meaning, your main life mission and lesson and sound ways to express and expand it immediately. Unveil your meaning, your sacred potential and hidden talents, and go forward on your path. Free. Call 327-8423; cvllc@sbcglobal.net.

21st Century Enlightenment and Empowerment with Gayle Elise Fitzgerald • June 26, 11 a.m.-4 p.m. • In this empowering workshop, you will gain valuable tools to help you thrive, survive and ascend in this prime time for individual transformation and tremendous planetary change. You will learn meditation, psychic protection, how to honor your feelings and multidimensional self, how to develop and follow your intuition and much more. This event will also include channeled messages and a guided meditation. $183. Call 327-8423; cvllc@sbcglobal.net.

Finding Balance: Tending the Garden of Your Soul with Jill Blixt • Eight Wednesdays starting May 18, 6:30-9:30 p.m. • Our daily lives have the potential to nourish us rather than deplete us. We can live life so that we balance mind, body and spirit. Using Sonia Choquette's book, *True Balance*, as a map, we will learn to recognize where we are out of balance and then learn the steps we can take to bring ourselves into harmony. Come bring soul nurturing joy and balance into your days. Come replenish yourself. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

The Crazy Wisdom Calendar

Personal Growth (continued)

Be Who You Love with Susan Morales • May 14, 28, June 11, 25; 10 a.m.-Noon • Through contemplation and meditation, we'll be exploring our hidden potential by meditating on qualities we admire in others, our own strengths that we may overlook and our ways of limiting ourselves. Through this guided process, you can relax and expand into your true nature. $25 per class, $90 for the series. Call 665-4655; smmorales@qwestonline.com.

What is the Reconnective Healing? What is the Reconnection? with Susan Major • May 16, June 13, July 18, Aug. 15; 7:30 p.m. • At this introductory evening, you will learn about Reconnective Healing and the Reconnection. You will receive a free attunement to this energy. You will both observe a demonstration and experience the energy. Free. Call 996-0702; samajor@comcast.net.

Emotional Freedom Technique Level 1 with Susan Major • May 7 and 21 or Aug. 13 and 27, 10 a.m.-3 p.m. • In this two-day workshop, you will learn the EFT basic recipe. You will be able to use this technique to remove stuck emotions and self-defeating patterns, reduce food cravings, reduce or eliminate pain, release fears and phobias, change limiting beliefs, implement positive goals and more. EFT is a meridian-based energy therapy technique that is easy to learn, effective and fast. $200. Call 996-0702; samajor@comcast.net.

Attracting Abundance with EFT with Susan Major • July 2 and 16, 10 a.m.-3 p.m. • In this two-day workshop, you will learn a simple step-by-step process of EFT (Emotional Freedom Technique) and how to apply it specifically for attracting abundance. You will learn how to identify and release unconscious blocks to your success. You will learn how to activate the law of attraction and use affirmations, imagery and abundance exercises to help shift your energy to manifest prosperity. $200. Call 996-0702; samajor@comcast.net.

Polarity Therapy

Introduction to Polarity Therapy with Renee Rutz • May 7, 10 a.m.-4 p.m. • Appropriate for anyone interested in energy work or holistic health. $60. Call the Polarity Center at 313-582-5034 or Renee at 677-1900; reneerutz@aol.com.

Polarity Therapy Level 1 with John Bodary, Karen Kerns and Renee Rutz • May 21, June 4, 18, July 9, 23, Aug. 6, 20; 9 a.m.-1 p.m. • This class is appropriate for anyone interested in energy work or holistic health. Through bodywork, exercise and diet, you will learn to experience how energy expresses itself in the body in health. This course offers a new paradigm in health and healing. $80 per class includes one hour private supervision with instructor between classes. Call the Polarity Center at 313-582-5034, Karen at 248-446-3134 or Renee at 677-1900; reneerutz@aol.com.

Prayer

Centering Prayer Retreat at Crawfton Inn, Ontario with Mary Ann Flanagan of Visitation Spirituality Center • May 22 at 7 p.m. through May 27 at Noon • Come for an extended time to pray in this contemplative way within a community and under the direction of an experienced director. The retreat will follow the thought and guidelines of Abbot Thomas Keating who speaks of centering prayer as the Divine Therapy in our relationship with God and who sees it as preparation for "resting in God." $295. Call 734-242-5520; visitation@ihmsisters.org.

Professional Enrichment

The School of Orthopedic Massage and Bodywork Clinical Internship with the Students of the School of Orthopedic Massage and Bodywork • Weekends, 10 a.m.-7 p.m. • Our students are receiving the next level in massage therapy education. Their clinical internship allows the School of Orthopedic Massage to invite the public to experience this innovative educational process. Call for menu of services, costs and availability. $25 per one hour session. Call 222-3300 ext. 30; info@schoolofom.com.

Reiki

First Degree Reiki Class with Suzy Wienckowski • May 13-15; Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30-12:30 p.m. • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels: body, mind and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and others and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • June 3-4; Friday 7-9 p.m., Saturday 10-4 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665; suzyreiki@aol.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • May 15, June 25 or Aug. 27; 9-6 p.m. • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with early payment discount offered; includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Aug. 5-6; Friday 6-10 p.m., Saturday 10 a.m.-4 p.m. • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $230 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • May 12, July 14, Aug. 4; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

Sacred Contracts

Sacred Contracts: Archetypal Energies – A Path to Personal and Spiritual Transformation with Etta MacDonagh-Dumler • May 14, 1-5 p.m. • This session provides you with an introduction to archetypal energy patterns discussed in Caroline Myss' book, *Sacred Contracts*. You will learn how these archetypal energies interact, especially as they relate to your own life and your interaction with others. You will learn about the four survival-oriented archetype patterns that are common to all of us on our path to personal and spiritual transformation. Understanding their patterns can help us name and face the fears preventing us from fulfilling our unique sacred contracts. Class size limited to ten. $65. Call 846-4755; www.sacredstepping.com or tuisceanach@hotmail.com.

Sacred Contracts: Identifying Your Personal Archetypes and Your Chart of Origin with Etta MacDonagh-Dumler • May 15, 1-5 p.m. • In this class, you will lay the groundwork to identify your eight personal archetypes, based on discovering the patterns that most accurately reflect your physical life. You will learn more about the archetypal wheel to obtain guidance on areas of interest or concern to you. Prerequisite is the above class, session one. Class size limited to eight. $100. Call 846-4755; www.sacredstepping.com or tuisceanach@hotmail.com.

Self Improvement

Basics of Manifesting with Karlta Zarley • July 30, 9 a.m.-1 p.m. • Ever wonder why some things are easy to manifest and others aren't? This class covers the basics and provides time to practice bringing your heart's desire into existence using the synergistic energy of the group. Refreshments provided. $65. Call 433-9333.

Soul Reconnection/Trauma Release with Karlta Zarley • Aug. 6, 9 a.m.-Noon • This is a class for healers to learn a new technique based on unconditional love for use on yourself and clients. This is used to relieve feelings of scatteredness, disappointment and disconnection from people and your life purpose. $55. Call 433-9333.

Boundaries Parts 1 and 2 with Karlta Zarley • July 9 and 16, 9 a.m.-1 p.m. • Do you feel your life is out of control? Do others take advantage of you? Boundary issues are a part of every aspect of our lives. Part 1 will discuss different types of boundaries, how to identify them and putting and keeping them in place. Part 2 must be taken after Part 1 and will spend time on energetic boundaries, protection, individual needs and practicing good "boundary hygiene" of all types using role-playing. Refreshments provided. $70 per class. Call 433-9333.

Are You Grounded? with Karlta Zarley • June 22, 7-9:30 p.m. • Do you lose things? Are you as effective in your activities as you would like? Are you easily distracted? Do you really know what being grounded means? We will discuss three aspects of being grounded, learn how to tell if you've become ungrounded and learn some meditations to help you ground yourself quickly on your own. $25. Call 433-9333.

Shamanism

Red Lodge Open House and Sweat Lodge Ceremony with Debbie Mast sponsored by Flowering Tree Lodge • May 19, June 20, July 20, Aug. 9; 7 p.m. • An introduction to Red Lodge, a year-long program in shamanic teachings and ceremonies which connect you to the natural world and unify your emotions, body, mind, spirit and sexuality. A one-hour description of the program is followed by an optional Sweat Lodge ceremony. Free. Call 248-414-5376; ftreelodge@aol.com or www.floweringtreelodge.net.

After 20 years in practice, one of the most rewarding aspects of being a healing practitioner is the joy of being present to the journey of living. The difficulties of illness, the triumph of healing, the growth of the person, even the shift into the slower pace of aging are Wondrous processes to support. My own life has deepened and enriched through the work I do with others.

- Linda Berry

Sacred Soul Contracts with Christine Griffin and Nicholette DeMeulemeester • July 22 at 6 p.m. through July 24 at 2 p.m. • Shamanic healing weekend based on Carlos Castaneda's teachings and Peruvian shamanic traditions and techniques. Incorporating ancient techniques with sound psychological processes allows one to identify and heal old energetic patterns and limiting beliefs which inhibit our soul's contract from being fully realized. $275 before July 1; $300 after July 1 includes meals, lodging and workshop. Call 313-533-1053; christinegriffin.com, nik2aloha@hotmail.com or cgrifred2@aol.com.

Shamanic Healing Methods Series: Soul Retrieval Training with Stephanie Tighe and Kate Durda • June 3-5 • First in a four-part series offered over two years. Soul Retrieval is one of three primary healing techniques used by shamans around the world. It is an ancient technique, which has been rediscovered and revitalized by author and healer Sandra Ingerman. We will examine the issue of soul loss from a shamanic perspective and will learn how to assist someone in making lasting changes in their lives after receiving a soul retrieval. In the world we currently live in, many members of our families and our communities are in need of healing. Sliding scale cost. For complete details, contact 517-543-6754; spiritweaver@voyager.net.

Advanced Heart Centered Shamanic Depossession Training and Unraveling Curses with Betsy Bergstrom from Seattle through Spirit Weavers • July 15-17; Friday and Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-4 p.m. • This training is for all practitioners who are interested in the recognition of possession techniques for clearing and protocols for protection. Workshop also deals with recognition of curses, sorcery and psychic persuasion and concludes with techniques for unraveling curses. $275. For complete details, contact 517-543-6754; spiritweaver@voyager.net.

Singing & Songwriting

Gateways Sing-Along through Gateways Center for Life Enrichment • May 10, June 14; 7 p.m. • Singing always lifts the spirit and changes our vibration. Join us in this monthly gathering to "just sing". No special talent or experience necessary. We'll sing just to have fun. By donation. Call Lorna Brown at 734-428-8748.

Soul Readings

Elemental Magic: A Storytelling Ritual with Gloria Marshall through Gateways Center for Life Enrichment • Aug. 5, 7-9 p.m. • Gloria will do a soul reading for each participant by providing a story that will come forward, which will connect you with some aspect of a past life that your soul wants you to be aware of at this point in time, and incorporate into your consciousness. Through connecting to the elements, spirits, guides and each other, using meditation and music to assist us, our energies combine in the gathering of these messages and the creation of a space where we can feel the magic within. $10. Call 332-4666; gatewayscenter@hotmail.com.

Spirit Guides

Coming Through: A Group Spirit Reading with Rachel of the Boston Tea Room in Wyandotte • June 19, 6-8 p.m. • An opportunity to get in touch with your spirit guides who are most often close friends or family members who have passed away. Rachel will help each participant identify their guides and pass on any messages they may have for you. $25. Call 734-281-2244; info@bostontearoom.com.

Spiritual Development

Evening Meditation and Dialogue for the General Public with Brenda Morgan • May 5, June 2, July 7, Aug. 11; 7-8:15 p.m. • Brenda has been blessed with a spiritual transformation which began in 1989 with Inner Enlightenment/No Mind Within. Since that time, her spiritual state has deepened and, during silent meditation, the Witness Position is sustained and shared. These evenings have been set aside for those interested in either exploring and/or connecting to someone who is in a spiritually transformed space. Brenda continually explores how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her being as she became aligned to the Holy Spirit. Love offering/donation. Call Susan at 665-0536.

Friday Evening Spiritual Seminars and Meditation with Brenda Morgan • June 17, 7-9 p.m. • Existence Works, By The Way on Jan. 14 and Letting Go on April 22. Brenda will, through the insight, wisdom and meditation arising from her spiritual transformation, share how to move into feeling your existence and what lives us all, focusing on the topic of freedom for the month of June. $35. Call Susan at 665-0536.

One-day Spiritual Intensive/Retreats and Meditation with Advanced Practitioners of Brenda Morgan and Michael Silverman • June 18; 9 a.m.-4 p.m. • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to the Divine. Each intensive is unique, focusing on various aspects and tools for alignment to the Divine. While Brenda is taking the space to prepare for the next phase of her life, Tom Egan, with his recent breakthrough into the state of Inner Enlightenment/No Mind Within, is a benchmark for the process of being in the world, actively, and still being able to open to living reality. He will weave Brenda's teachings with his own unique perception/awareness during the Saturday spiritual retreat. These advanced spiritual states help to catalyze opening to the universe. Only a sincere interest in opening to spirit is necessary. The particular religious structure chosen should not conflict with the day's events if meditation upon the living God is part of ones' conscious spiritual practices. No experience necessary. $85. Call Susan at 665-0536.

Ammachi Peace Weekend with Swami Dayamrita at Song of the Morning Ranch • May 20 in the evening through May 22 in the morning • A weekend infused with the energy of Mata Amritanandamayi Devi starting with meditation Friday evening. Saturday, we welcome special guest Swami Dayamrita, Amma's lead swami for the United States. Donations, with meals and accommodations separate. Call 989-983-4107; office@goldenlotus.org.

Solar Logos Kriya Yoga Workshop with Ariel and Cayce, students of Norman Paulsen, at Song of the Morning Ranch • May 27-29 • From the universal teachings of Paramahansa Yogananda and Norman Paulsen comes a refreshing look at self-realization. This workshop artfully combines the ancient technique of Kriya Yoga meditation with the teachings of the Solar Logos. This presents a model for living meditation, bridging the gap between our spiritual practice and our everyday lives. $150. Call 989-983-4107; office@goldenlotus.org.

Crystal Kids Club: Light Your Purpose with Rev. Victoria Jewel Hart for Ages 5-12 • May 21, 10:30-11:45 a.m. in Shelby Township • For complete description, please see listing under Kids & Young Adults section.

Summer Retreat for Adults and Young People with Brenda Morgan and Advanced Practitioners • Aug. 19-21 in Mackinac Island • Two retreats running simultaneously but separately: Everlasting Love for adults and Learning To Be One with Nature, with Each Other and All That Is for young people. For programs, fees and registrations brochures, call Susan at 665-0536.

Directed Retreats with Patricia Benson, Joan Delaplane and Carol Weber of Weber Center • June 19-25 • $400. For complete information and description, please call 517-266-4000 or fax 517-266-4004; webercenter@adriansisters.org.

Gospel Models of Discipleship: Response in Time of Peril and Promise with Sarah Sharkey through Weber Center • July 24-29 • In our study/reflection week together, we will consider the models of discipleship in the four gospels. As we study and reflect on these models, we will ask, What does each gospel model contribute to our creation of a 21st century model of discipleship that can energize us in this moment of peril and promise? $425 single occupancy. $350 double occupancy. $110 commuter. For times, call 517-266-4000 or fax 517-266-4004; webercenter@adriansisters.org.

Spiritual Direction: What Is It? with Mary Gliedt • Aug. 7, 2-4 p.m. • Come and learn about spiritual direction and mentoring. What is it? How can I apply it to my life? Free. Call 369-2628; mug@hps.com.

An Introduction to the Pathwork Teachings: Lecture Study/Process Series with Lisa C. Wolf • Four day long workshops offered Saturdays or Sundays, 10 a.m.-6 p.m. • This four-part series combines lecture study with process work to teach and experience the basic concepts expressed in the Pathwork lectures. Using a thematic approach, this series creates and deepens personal understanding of the teachings through education, discussion, and the application of these concepts to one's own life. The four parts are: Returning to Wholeness: Navigating the Journey of the Soul, Who Am I Really: An Exploration of the Levels of the Human Personality, The Origin of the Wound: Exploring Child Consciousness, and Developing the Conscious Ego: A Spiritual Practice. $125 for each. Call 930-0864.

The Crazy Wisdom Calendar

Spiritual Development (continued)

An Introduction to the Pathwork Teachings: Lecture Study Series with Lisa C. Wolf • Date and times to be determined by class • This series introduces some of the basic concepts expressed in the Pathwork lectures. Lecture study includes the discussion and exploration of these ideas to help create and deepen personal understanding. $275 includes all lectures studied and a subscription to the Great Lakes Pathwork Newsletter. Call 930-0864.

Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • One Friday of each month, 7 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima or Tara Wells at 663-5853.

Returning to Wholeness, Navigating the Journey of the Soul: A Pathwork Process Group with Lisa C. Wolf • One Tuesday per month, 2-4 p.m. • This group combines the psychological and the spiritual to discover the "soul's journey" and to find the very best of one's self. It is for those who want to move deeper into the process of self transformation using the Pathwork teachings as a foundation. $40 per session. Call 930-0864.

Meeting Jesus Again with Barbara Stanbridge of Visitation Spirituality Center • May 7, 9:30- a.m.-4:30 p.m. • This workshop will draw heavily on the work of contemporary thinkers who examine contemporary issues about Jesus. By telling the stories and asking the faith questions, participants will deepen their knowledge and awareness of the presence of Jesus among us today. We look at the Jesus of history and the Jesus of faith as we ask, Who do I say Jesus is to me or for me? $40 with drinks provided. Call Margaret Gaffney at 734-242-5520; visitation@ihmsisters.org.

Divine the Body: Reclaim the Holiness of Your Physical Self with Jan Phillips at Inn at the Rustic Gate • June 10 at 7 p.m. through June 12 at 1 p.m. • Think of this workshop as a pilgrimage through the body, a journey to each part of our physical self and exploring it as a threshold across which sacred energy is received and given. This workshop will shine light on the beauty of who we are as human bodies, which are great containers for a soul that is magnificent. $380 single occupancy, $290 double occupancy, $225 commuter. Call Marcia Stroko at 800-319-5867; rusticgate@starband.net.

Merkaba Support Group with Lorna Brown through Gateways Center for Life Enrichment • Aug. 7, 1-5 p.m. • Join other Flower of Life graduates in a time of support, renewal and sharing with this group that meets periodically. Review the basic meditation and share in new experiences. Open to all Flower of Life graduates. $15. Call 734-428-8748; starlab6@aol.com.

Stress Management

Retooling for Balance: Transformative Strategies for Stress Reduction with Sandra Finkel • June 5, 1-4 p.m. • A fresh approach to feeling a greater sense of control and ease. See how meditation, journaling and focusing on possibilities reduces stress from the inside out. $65. Call 604-1857; smfinkel@umich.edu.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Part 1: May 17, Noon-1:30 p.m.; Part 2: May 24, Noon-1:30 p.m. • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $30 per session. Call 668-2733.

Yoga Nidra and Stress Release with Ema Stefanova • Sundays starting May 22, 6:30-7:30 p.m. • Join Ema Stefanova for a six-class series to develop calm and relaxation. From the ancient tradition of tantra comes this systematic method for complete physical, mental and emotional relaxation. Learn to let go and experience deep calm. Two hours of yoga nidra equals eight hours of sleep! For cost, call 668-7801; emastefanova@cs.com.

Sufism

Learning about Sufism with Kirk Laman and David Miracle • May 21, 10:30-11:30 a.m. at Crazy Wisdom Tea Room • A brief introduction to Sufism, the mystical path of love. We will discuss the origins of Sufism and teach some of the basic techniques of the Shadhuliyya Sufi path. Free. Call Kirk Laman at 222-9861; www.sufiheart.com.

2005 Midwest Gathering of Shaduliyya Sufis sponsored by Shadhuli Sufi Center of Peace and Mercy • Two locations: June 3, 6:30 p.m.-9:30 p.m. and June 4-6, 9 a.m.-5 p.m. • The Fifth Annual Midwest Gathering is open to everyone. Shaykh and Sufi Master Sidi Muhammad al-Jamal will speak on the topic of "Finding Love and Peace in Life: The Sufi Way". It is an informal series of lectures and teachings about life, living and loving in the Sufi way. Free with donations accepted. For locations, call Kirk Laman at 888-367-9005 or 222-9861; www.sufiheart.com.

Tai Chi & Martial Arts

Chen Style Tai Chi Chuan with Richard Miller of Great Lakes Wushu • Monday and Thursday, 6-7:10 p.m. and Saturday, 10-11 a.m. • Students will learn a 36-movement form. Training includes basic stances, kicks and silk-reeling exercises. $85 per month. Contact www.greatlakeswushu.com.

Yin Style Baguazhang with Richard Miller of Great Lakes Wushu • Monday and Thursday, 7:30-9:30 p.m. and Saturday 11:30 a.m.-1 p.m. • Instruction in the traditional gongfu system, yin style Baguazhang. Training includes strengthening postures, strikes, circle walking and practice applications. $85 per month. Contact www.greatlakeswushu.com.

> We have no more right to consume happiness without producing it than to consume wealth without producing it.
> - George Bernard Shaw

Tai Chi Chuan with Master Wasentha Young through The Studio • Thursday, 7:30-8:30 p.m. • For description and cost, call 741-0695; www.ypsistudio.com.

Tai Chi Workshop with Chris Campbell through Weber Center • June 17 at 7:30 p.m. through June 19 at 1 p.m. • The essence of Tai Chi is a combination of centeredness, breath and movement, while the natural and graceful moves of Tai promote better balance, increased flexibility and an overall peace of mind. During this workshop, you will learn the philosophy and principles of this healing art. $195 single occupancy. $160 double occupancy. $95 commuter. Call 517-266-4000 or fax 517-266-4004; www.adriandominicans.org/weber.

Wu Style Tai Chi Chuan with Sifu Genie Parker • Beginners: Thursdays, 6:30-8 p.m.; Ongoing: Sundays, 4-5:30 p.m. at Jewel Heart • Wu style Tai Chi Chuan is a soft style martial art emphasizing relaxation and balance. All are welcome to learn this ancient art of meditation in motion. $30 per month for one class per week with family, student and senior rates available. Call 332-9116; info@wustyle-annarbor.com.

Basics of Woodsmanship with Aegis Consulting • Sundays, Noon-3 p.m. • A class designed to introduce to the student skills necessary to survive, thrive and appreciate the woods of Michigan. Will offer to the student skills in primitive camping, overland travel and other basic woods-related skills. $60 per month. Call 645-2265; management@aegis.consulting.org.

Aegis Sword Academy's Basic Western European Swordsmanship Class with Aegis Consulting • Sundays and Wednesdays, 8-10 p.m. • A six-month study, first part of three, in the art of the sword. Develop greater awareness, health and spiritual sensitivity through the ancient practice of swordsmanship. $75 per month plus $45 equipment fee. Orientation May 1 and May 4. For times, call 645-2265; management@aegis.consulting.org.

Introduction to Logical Thinking through Tactical Simulation with Aegis Consulting • Wednesdays, 8-11 p.m. • Develop skills in planning and executing complex strategies, including grounding in logical thinking, emphasis on interpersonal communication and training in multitasking under pressure. Excellent course for people in management. $60 per month. Call 645-2265; management@aegis.consulting.org.

Aegis Consulting's Swordsmanship Tournament • June 11, 2 p.m. • Come and watch as our students compete in a martial arts tournament. Many weapons styles will be used. Only students may compete. Free. Call 645-2265; management@aegis.consulting.org.

Sword Camp with Aegis Consulting • Aug. 6-12 • This week-long camp teaches basic swordsmanship as a martial art. This challenging program compresses our six month program into a dramatic and daunting, expanding experience for all participants! For more information and cost, call 645-2265; management@aegis.consulting.org.

Golden Shield Qi Gong Free Introductory Class and Demonstration with Lori Larson and Ed Jackson • May 14, 5:30 p.m. • Golden Shield Qi Gong, an ancient system used to improve health and longevity, is a rare form of temple style Qi Gong adapted for modern life. Until recently, Golden Shield was only taught to a few individuals each generation, often to monks who spent many hours a day sitting in meditation and needed to strengthen the body. Now, we all may gain the benefits of this training: tap unused potential, strengthen vital organs, increase access to life force energy, cleanse physical and emotional toxins, increase bone mass, increase body awareness and integrate the mind, body and energy. Free. Ongoing classes meet twice monthly for a membership fee of $100 per month. Call Ed at 480-0266 or Lori at 641-919-2234; lsquared@lisco.com or www.goldenshield.org.

T'ai Chi Ch'uan Beginner Class with Master Wasentha Young • April 11-June 25; Mondays, 6-7:15 p.m. and/or Saturdays, 10-11:15 a.m. • T'ai Chi Ch'uan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of wellbeing are enhanced through these techniques as well as T'ai Chi Ch'uan's unique, slow and graceful movements and breathing coordination. T'ai Chi Ch'uan is often characterized as "meditation in motion" because of the stillness it exemplifies. $170. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Push Hands with Master Wasentha Young • April 11-June 25; Tuesdays, 8:15-9:15 p.m. • After completing the T'ai Chi Ch'uan form, students learn push hands. It is a two-person exercise that studies the dynamic interaction of forces. Exploring the push hands principles and techniques of how to listen, adhere, yield, and neutralize force, ripples outside the class as one gains a sense of personal boundaries as they relate to oneself and others. Open to anyone who has completed a solo form of TCC regardless of style. $50 per month. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

T'ai Chi Sword with Master Wasentha Young • April 11-June 25; Wednesdays, 8-9 p.m. • The T'ai Chi Ch'uan Sword Form (double edged) is the most fluid of all the forms in TCC. Because of its fluidity, it represents the element water, and is therefore considered the highest of all the weapons forms following the Taoist philosophy, "softness prevails over hardness as water prevails over all obstructions to its flow." $170 for beginners. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung (Qigong) and the Five Element Theory with Master Wasentha Young • April 11-June 25; Tuesdays, 6-7:15 p.m. • Chi Kung is a Chinese approach and practice that focuses on the relationship of (chi) energy and health. This class will focus on the fundamental styles of Chi Kung: imagery and movement, Chinese Yoga, and traditional Chinese medicine. Students will also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. As a part of medical chi kung, students will be introduced to the energy pathways (meridians) of the body and learn the fundamentals of the 5 Element Theory as it is the foundation of traditional Chinese medicine. Learning about the 5 Element Theory will clarify the correspondences of the qualities of nature that are mirrored in the internal concept of chi, as well as the generative and controlling cycles of energy patterns. $170. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Tarot & Divination

Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • Sundays, 11 a.m.-2 p.m. • $1 per minute. No appointment necessary. For more information, call Crazy Wisdom at 665-2757.

Tarot and Astrology Readings with Jillian Kerry at the Crazy Wisdom Tea Room • Mondays, 7-10 p.m. • $1 per minute. No appointment necessary. For more information, call Crazy Wisdom at 665-2757.

Drop-In COSMO Readings with Guide John Fredericks in the Crazy Wisdom Tea Room • Thursdays, 7-10 p.m. • Take a moment to explore your inner psyche and your cosmic connections with COSMO, a delightfully rational new divination system developed in 1999 in Ann Arbor by a group of enlightened individuals ranging from artists to astrophysicists. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool, to explore the complexities of our lives. John has thoroughly enjoyed helping people tap into the subtler sixth sense, and make sense of our crazy worlds. Join him for an exploration starting with your most basic psychology and inner thoughts, and leading to who knows where. $1 per minute. No appointment necessary. Call 734-368-1780 if you prefer to schedule a reading.

Tea Leaves: A Guide to the Future with Rhonda Morgan of the Boston Tea Room in Wyandotte • Four sessions start Sunday, Aug. 7; 6-8 p.m. • Learn the history and practice of this ancient form of divination. $65. Call 734-281-2244; info@bostontearoom.com.

Advanced Tarot with Rhonda Morgan of the Boston Tea Room in Wyandotte • Six sessions start Sunday, May 15; 6-8 p.m. • For those who already possess a good general tarot knowledge, this six-session workshop will focus on further development through intensive practice with a group. $85. Call 734-281-2244; info@bostontearoom.com.

Theater

Take Me Out by Richard Greenberg through the Performance Network • July 21-Aug. 28 • For more information, call 663-0681; www.performancenetwork.org.

Therapy & Support Groups

Anxiety: Getting Your Worries Under Control with Laurie Krauth • Wednesdays, 8 p.m. • Concrete strategies for getting a grip on anxiety – from excessive worry (Generalized Anxiety Disorder) to panic and phobias. We will use a cognitive-behavioral therapy model – the treatment of choice for OCD and other anxiety disorders. $40 per session. Call 222-4655; lkrauth@comcast.net.

OCD: Gaining Mastery Over Your Obsessive Compulsive Disorder with Laurie Krauth • Wednesdays, 6 p.m. • This nine-week group will help you reduce your symptoms and manage your OCD. It will use a cognitive-behavioral therapy model – the treatment of choice for OCD and other anxiety disorders. $40 per session. Call 222-4655; lkrauth@comcast.net.

Healing Sexual Trauma: A Mini Workshop with Anita Rubin-Meiller and Dawn McCalla • June 22, 6-8 p.m. at Crazy Wisdom's Community Room • An opportunity for survivors of sexual trauma to learn about traumatic stress response, trauma re-enactment and emotional disregulation and begin to address symptoms such as anxiety, hypervigilance, shame, flashbacks and depression. Participants will experience the relaxation response and the healing power of connection. $6. Call Anita at 332-0669; anitamsw@sbcglobal.net.

Tapestries: A Group for the Healing of Sexual Trauma with Anita Rubin-Meiller and Dawn McCalla • 15 Wednesdays, 6-8 p.m.; starting in the Fall • Our successful approach to building and strengthening skills for reducing the distressing impact of sexual trauma includes didactic presentations, open discussions, creative activities, mindfulness practice and the development of supportive relationships. An informational interview prior to attending group will help you decide if the group is a good fit for your needs. $50 per session with sliding scale available. For dates, call Anita at 332-0669; anitamsw@sbcglobal.net.

The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • One Tuesday monthly, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond surviving life. Participants will have the opportunity to explore the resistances, fears and doubts that block one's ability to thrive and the expression of your most genuine self. Discussion, emotional release work, spiritual practice and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. $40 per session. Call 930-0864.

Weight Loss

Weight Loss: Turning Off the Drive to Overeat with Gale Cox • 12 Sessions, Monday or Tuesday, 7-9 p.m. • This program teaches you to stop dieting in favor of learning to self-nurture and set limits from within. People lose weight without diets or drugs, feel happier and healthier and experience lasting weight loss. $290 for three months. Call 248-446-2015; gltcox@charter.net.

The Key to Weight Loss with EFT with Susan Major • June 11 and 25, 10 a.m.-3 p.m. • In this two-day workshop, you will learn a simple, step-by-step process of EFT (Emotional Freedom Technique) and how to apply it specifically for weight loss. People lose weight with EFT because the method targets the emotional aspects of overeating. EFT can help you reduce hunger and eliminate cravings and stay on track. $200. Call 996-0702; samajor@comcast.net.

Weight Loss without Willpower with Charles Eisenstein • June 8 or 9, 7-10 p.m. • Instead of a diet, wouldn't you love eating to be a pleasure that automatically brings you toward greater and greater health without obsessing? Instead of a workout, wouldn't you love for exercise to be such a joy that you can hardly keep yourself away from it? Fitness does not come through overcoming the body, but from trusting and listening to it. This workshop helps participants recover that communication and trust in themselves, to move naturally into their original state of health and well being. $65 with early registration discount offered. Call 814-237-5740; cde123@psu.edu.

Weight Loss without Willpower Intensive Weekend Workshop with Charles Eisenstein • June 10, 7-10 p.m.; June 11, 2-5 p.m.; June 12, 2-5 p.m. • In this 3-part program, you will learn to distinguish authentic appetites from harmful cravings; recover sensitivity to messages of your body; rediscover exercise as a joy and not a burden; let go of negative body image, self-rejection, guilt and shame; figure out the true nutritional needs behind common food cravings and overeating; learn how to meet the emotional and spritual needs that food substitutes for; apply program principles to related issues such as supplements, fasting, detox; and evaluate popular diets as they apply to your body. $225 with early registration discount offered. Call 814-237-5740; cde123@psu.edu.

Womenspirit

Womyn and the Shamanic Path to Wellness: An Informative and Experiential Evening with Barb Barton • May 2, 7-9 p.m at Crazy Wisdom's Community Room • This introductory program will explore shamanic concepts and their offering of hope and healing in our quest for wellness. Participants will gain firsthand experience with journeying, a basic shamanic practice, and explore the capacity of this practice to support and assist personal healing and empowerment. Bring eye pillows. Free. Call 576-8427.

Women's Wisdom Circle through Gateways Center for Life Enrichment • June 12, 10 a.m.-5 p.m. • Join this inter-generational gathering of women to share in their stories, wisdom and power. As a council of women, we will create a sacred space to explore the sisterhood, motherhood and daughterhood in all of us through music, art and play. $20 and a dish/food to share. Call 332-4666; gatewayscenter@hotmail.com.

Women's Retreat: Accessing the Goddess through Sound and Movement through Gateways Center for Life Enrichment • Aug. 21, 10 a.m.-5 p.m. • Join us in this special event created to allow women to experience the empowerment achieved by connecting with each other at a heart level, participating in rituals for healing the feminine spirit and creating in ways that focus and release. A day for celebration, joy and renewal in mind, body and spirit. $40 and a snack or side dish. Entree provided. Call 332-4666; gatewayscenter@hotmail.com.

The Crazy Wisdom Calendar

Womenspirit (continued)

Women in Spirit Retreat with Eileen Bond, Nirmala Nancy Hanke, Karen Kerns and Lucinda Orwoll • Date and time to be arranged • This half-day retreat is designed to teach skills for self-nurture and self-growth. Topics will include relaxation, meditation, self-hypnosis and energy balancing. For complete information and cost, call 945-3024.

Girls Coming of Age with Purpose, Passion and Direction with ShuNahSii Rose • May 9, 7 p.m. at Crazy Wisdom's Community Room • For complete description, please see listing under Kids & Young Adults section.

Women Loving Ourselves: On the Relevance of Feminist Spirituality with ShuNahSii Rose • May 6, 7 p.m. at Crazy Wisdom's Community Room • This introductory evening uncovers a rich legacy of woman honoring spiritual traditions that are still vibrant and viable options for women today. Feminist spirituality in all of its breadth and depth allows us to explore positive female archetypes from all over the world, connect our passion for social justice with a personal spiritual practice, develop means of authentic self-expression and take our place among our people as powerful and loving agents of change. Free. Call 761-9148.

Work & Right Livelihood

Business Development Training with Patty Brennan of Center for the Childbearing Year • Three Mondays, May 2-16, 6:30-9:30 p.m. or July 10, 9 a.m.-5 p.m. • Come and learn the skills necessary to be successfully self-employed. Topics include establishing yourself as a business entity, money matters, financial record keeping, staying out of trouble with the IRS, insurance considerations, marketing on a limited budget, networking for fun and profit, limiting liability and creating client contracts, and professional and ethical issues. This class is appropriate for anyone setting up a service-oriented business. 7.8 DONA CEUs provided. $110 with early registration discounts available. Call 663-1523; www.center4cby.com.

Discover the Power and Joy in Your Life Transition with Melanie Fuscaldo • Part 1: May 5, 12-1:30 p.m.; Part 2: May 12, 12-1:30 p.m. • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body and mind to the spiritual purpose in this transition. $30 per session. Call 668-2733.

Live Your Career Dream with Melanie Fuscaldo • Part 1: May 3, 10-11:30 a.m.; Part 2: May 10, 10-11:30 a.m. • Begin to identify your unique career dream and action steps to create it in your life. $30 per session. Call 668-2733.

Writing

Women Write Their Lives: A Writing Workshop for Women with Gail Balden • June 11, 10 a.m.-5 p.m. at Crazy Wisdom's Community Room • Claim the passion, truth and spirit of your life through writing. We all have a story to tell. Reach deep inside, listen to your inner voice and tell the stories only you can tell. Discover just how much fun playing with words can be and how much you have to say! $70. Call 503-368-7807; gail@creativejourneys.net.

Yoga

Kriya Yoga Initiation and Yoga Retreat with Sri Shibendu Lahiri at Song of the Morning Ranch • Kriya Initiation: Aug. 5-7, Retreat: Aug. 8-14 • Join the great grandson of Lahiri Mahasaya for an experience of pure Kriya Yoga. Learn the powerful meditation technique Babaji taught Lahiri Mahasaya. While there are many traditions and teachers of Kriya Yoga, Shibendu's dynastic (father to son) lineage has maintained the pristine purity of the teachings. Love offering. Call 989-983-4107; office@goldenlotus.org.

Ann Arbor School of Yoga Classes with Laurie Blakeney • Ongoing • Laurie Blakeney offers classes in Iyengar yoga, gentle yoga, teen yoga and pranayama in a large studio, with all equipment provided. For complete schedule of classes and cost, call 663-7612; www.annarborschoolofyoga.com.

Iyengar Yoga with Karen Husby-Coupland of The Studio • Monday, 6-7 p.m. • For complete information and cost, call 995-5344; www.ypsistudio.com.

Hatha Yoga with George Valenta of The Studio • Monday, 7:15-8:15 p.m. or Wednesday, 6-7 p.m. • For complete information and cost, call 995-8720; www.ypsistudio.com.

Yoga I Class with Haju Murray at Zen Buddhist Temple • Six Tuesdays starting May 31, 6-7:15 • Students learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath. The instructor was trained by the Sivananda Yoga Organization and combines that experience with meditation training. Classes fill quickly, so register early. $60 for six session. Call 761-6520; a2buddha@provide.net.

Yoga II Class with David Black at Zen Buddhist Temple • Six Tuesdays starting May 31, 7:30-9 or Six Thursdays starting June 2, 7-8:30 • Students build on knowledge of the basics of postures, breath work, relaxation and meditation. The instructor was trained by the Sivananda Yoga Organization, has several years experience with other yoga styles and has a strong daily yoga practice. $60 for six session. Call 761-6520; a2buddha@provide.net.

Special Yoga Workshop at Zen Buddhist Temple • June 4, 9 a.m.-4 p.m. • Yoga classes, talks, sitting and walking meditation, simple manual work and vegetarian lunch. $60. Call 761-6520; a2buddha@provide.net.

Teen Week at Song of the Morning Ranch with Frank Wheeler, Gloria Barbetta and Erich Moraine • July 22-31 • A week for teenagers 12-18+ to jump from childhood to adulthood in the most productive and fun way possible. Come participate in a high energy and high awareness week of challenge and growth. $75 includes room and board. Call 989-983-4107; office@goldenlotus.org.

Iyengar Yoga Classes with Lynlee Sky taught at Yoga Practice Center • Dates and times vary • Daily classes offered mornings and evenings all summer for beginners and continuing levels. For complete information and brochure, please call 668-8660; skyview@yogapracticecenter.com.

Yogamoves with Gail Rucker of Yoga Moves at Ommoves Studio • Beginning May 2: Mondays, 6:15-7:30 p.m., Tuesdays, 6:15-7:30 p.m.; Thursdays, 11a.m.-12:15 p.m. • Experience the basics of alignment, attitude and action; yoga philosophy; classical postures and creative poses. Discover yoga from the inside, supported by Anusara-style alignment principles. All levels welcome. $15 for a single class. $12 per class in a series of four or more. $150 for unlimited yoga classes from May through early August. Call 994-3777; mymoves@aol.com.

Anusara Yoga Class Level 1 with Heather Foster • Thursdays starting May 5, 7:30-8:45 p.m. • This class is open to all students new to yoga or those interested in all that Anusara has to offer. Learn the Universal Principles of Alignment and start to know your body, mind and spirit from the inside out through the practice of yoga. $80 for eight weeks or $12 drop-in. Call 709-8191; hl_foster@yahoo.com.

Anusara Gentle Yoga Class with Heather Foster • Ongoing Saturdays, 2-3:15 p.m. • This class is open to all students who would like a gentle approach to yoga, want an additional class to renew or want to therapeutically realign the body to help with an injury. Enjoy meditation, restoratives and light stretching to relax and rejuvenate the body. $80 for eight weeks or $12 drop-in. Call 709-8191; hl_foster@yahoo.com.

Anusara Yoga Class Level 1-2 with Heather Foster • Ongoing Tuesdays, 7:30-8:45 p.m. or Saturdays, 12:30-1:45 p.m. • This class is open to all students with yoga experience. It begins with a meditation, then we flow into asana practice, focusing on an intention or theme, then end with relaxation. $80 for eight weeks or $12 drop-in. Call 709-8191; hl_foster@yahoo.com.

Yoga Classes with Christy DeBurton at The Yoga Room • Dates and times vary • Vinyasa, Ashtanga, Hatha and Kundalini yoga classes offered mornings, evenings and weekends. Small class sizes allow for individual attention and manual adjustments. Stay for tea after class! For times, dates and cost, call 761-8409; info@christydeburton.com.

Energize Your Body and Soul: Polarity Yoga Principles and Practice Class with Linda Greene Wellness and Polarity • June 27, 5:30-7:30 p.m. • Polarity yoga offers a simple set of postures combined with gentle movement designed to open, enhance and balance the flow of energy in your body/mind. Based on classic yoga as refined by Dr. Randolph Stone, founder of Polarity, these postures increase vitality, muscle tone, stretch and ease in moving through life physically, emotionally, psychologically and spiritually. $35. Call 662-2029; lingreene@aol.com.

Anusara Style Yoga with Michele Bond of Yoga House • Spring Session starts April 24 • Practice in a beautifully serene setting using the Universal Principles of Alignment developed by John Friend, founder of Anusara Yoga. Morning, evening and weekend classes available. For complete information and cost, call 358-8546.

Yoga Happy Hour with Michele Bond of Yoga House • Ongoing Wednesdays, 5:45-6:45 p.m. • After work or a long day, enjoy a drop-in Restorative Yoga class that calms your nerves and quiets your mind while it relaxes your body. Relieve stress with gentle, supported postures that require no yoga experience to enjoy. Blissfully habit forming! For complete information and cost, call 358-8546.

Yoga for Athletes with Michele Bond of Yoga House • Wednesdays starting April 27, 7:15-8:45 p.m. • Take your athletic performance to the next level. Increase strength, flexibility, agility, balance, mental focus and concentration. Strengthen the mind-body connection. Learn how correct alignment enhances joint function, decreases the risk of injury and can aid in healing pre-existing injuries. Learn how yoga can help you realize your full potential. For complete information and cost, call 358-8546.

Iyengar Yoga Classes with Karen Ufer of Yoga Focus • Dates and times vary • Fully equipped studio for instruction of the Iyengar method of yoga from beginners to advanced. $12 per class. Call 668-7730; klufer@aol.com.

Yoga for Adults with Ema Stefanova • Sundays 5-6:30 p.m., Mondays 6:30-7:45 p.m., Wednesdays 6-7:30 p.m. • Classical Satyananda Yoga will peacefully energize you and help you establish a solid home practice. Postures, breathing, relaxation and meditation for a healthy body, emotional stability and heightened mental awareness. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Retreat at a Michigan Yoga Monastery with Ema Stefanova • July 8-10 • Experience the calm within and without with simple living, the principles of ashram life, karma yoga and bhakti yoga practices for the whole family, while enjoying a traditional yoga monastery here in Michigan. For complete information and cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga and Meditation Day with Ema Stefanova • June 25, 9:30 a.m.-5 p.m. • Relax and recharge with classical yoga and meditation guidance through postures, breathing, concentration and peaceful meditation. Vegetarian and vegan lunch provided. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga and Meditation for Teens with Ema Stefanova • Ongoing starting May 23: Mondays, 5:15-6:15 p.m.; Tuesdays, 4:45-5:45 p.m. • The teen years of exploration and development are deeply honored in yogic tradition and are supported by their own unique system of yoga, meditation, breathing and relaxation. This is a very popular class, so register early! For cost, call 665-7801; emastefanova@cs.com.

Yoga for Kids Ages 4-6 and Their Parents or Grandparents with Ema Stefanova • Ongo-ing • For kids ages 4-6 and their families, this class is a fun and learning experience for the whole family. Postures, breathing, meditation and dynamic kids' type traditional yoga relaxation will be experienced. For cost, call 665-7801; emastefanova@cs.com.

Yoga Classes through Inward Bound at Friends Meetinghouse • Various classes offered • Inward Bound offers four levels of Hatha Yoga instructional classes, taught by with Martha Laatsch, Lynette Smith, Cathy King and Barbara Brookens-Harvey. For complete brochure, call 327-4963; info@ibyoga.com.
Additional ongoing drop-in classes:
Astanga Yoga with Jonathan Tyman • Saturdays, 8:15-10 • Call 997-9344; tyman@internet2.edu.
Yoga Mix with Cathy King • Mondays, 4:30-5:30 p.m. • Call 517-592-8017; kingcm@dcmi.net.
Wake-Up Yoga with Karen Beeri • Wednesdays, 7:30-8:30 a.m. • Call 763-8340; karenbeeri@yahoo.com.
Postures to Sacred Music with Cathy King • Thursdays, 5:30-7:15 p.m. • Call 517-592-8017; kingcm@dcmi.net.
Wake-Up Yoga with Roddy Wares • Fridays, 7:30-8:30 a.m. • Call 761-6980; roddywares@aol.com.
Morning Yoga with Lynette Smith • Tuesdays, 9:30-11 a.m. • Call 995-0741; lynettes@umich.edu.
Prenatal Yoga with Marlene McGrath • Wednesdays, 9-10:30 a.m. • Call 930-1970; marlenemamayoga@yahoo.com.
Postnatal Yoga with Marlene McGrath • Fridays, 10:45 a.m.-Noon • Call 930-1970; marlenemamayoga@yahoo.com.
Yoga for Kids with Barbara Brookens-Harvey • Wednesdays, 4:30-5:15 p.m. • Call 994-1130; billbarbmo@msn.com.

Mother's Day Yoga Practice with Teachers of Astarte Yoga in Farmington • May 8: 8:30 a.m., 10 a.m., 11:30 a.m. and 6:30 p.m. • Spend time on the mat with your mother, grandmother, daughter, sister, granddaughter or anyone moving us further into honoring the sacred feminine. Deep respect for the nurturing, compassionate, loving essence of all beings bringing forth gentle guidance for ourselves and the world community. Men are welcome, as are students ages 14 and over. $12 for two students. Call Terri Wong at 248-427-0550; www.astarteyoga.com.

Changing Women Embrace Their Changes with Yoga with Gabriela Brink of Astarte Yoga in Farmington • June 11, 2-4 p.m. • The grace and power of our bodies are recognized through a heartfelt honoring Hatha yoga practice. Any issue on the outside or what we perceive to be the outer manifestation of who we truly are can be viewed and healed with movement, meditation and support. For goddesses in midlife and crones to share wisdom. $20. Call Terri Wong at 248-427-0550; www.astarteyoga.com.

Father's Day Yoga Practice with Teachers of Astarte Yoga in Farmington • June 19: 8:30 a.m., 10 a.m., 11:30 a.m. and 6:30 p.m. • Spend time on the mat with your father, grandfather, son, brother, grandson or special male in your life. Allowing yoga practice on the mat to keep us in touch with the power we all have to guide and direct our own lives. With respect for the wisdom and teachers in us all, share this time of honoring the male essence in our lives. Women are welcome, as are students ages 14 and over. $12 for two students. Call Terri Wong at 248-427-0550; www.astarteyoga.com.

Yoga Classes with Raphael Abrams of Yoga Shala • Various classes offered • Yoga Shala offers a variety of classes, including Ashtanga yoga and post-natal yoga classes, at various times. For complete information, call 222-9642; www.yogashala.net.

Yoga Classes with Sondra O'Donnell of Ann Arbor Yoga • Various classes offered • Sondra offers gentle yoga classes, yoga for strength as well as for inner balance. Complete breath and classic yoga postures and techniques combine for a challenging yet non-competitive moving meditation. $170 for series or $12 drop-in. Call 929-0274; webguru@annarboryoga.com.

Yoga Classes with Sue Salaniuk, Sally Rutzky and Nancy Udow of The Yoga Space • Various classes offered • Beginning, intermediate, continuing and ageless yoga classes taught in the Iyengar method. Emphasis is placed on alignment, building strength, flexibility and endurance, developing breath, awareness and individualized instruction. Relaxation and focus are taught. $99 for nine classes. $132 for 2-hour continuing class. Call 622-9600; e@yogaspace.info.

BODY, MIND & SPIRIT
SERVICES AT CRAZY WISDOM

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Drop-In Intuitive/Psychic Readings with Diane Evans
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Call 734.327.9568 • in-genius@comcast.net

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Saturdays, 2-5 p.m. • $1 a minute
No appointment needed
Call 734.429.4796

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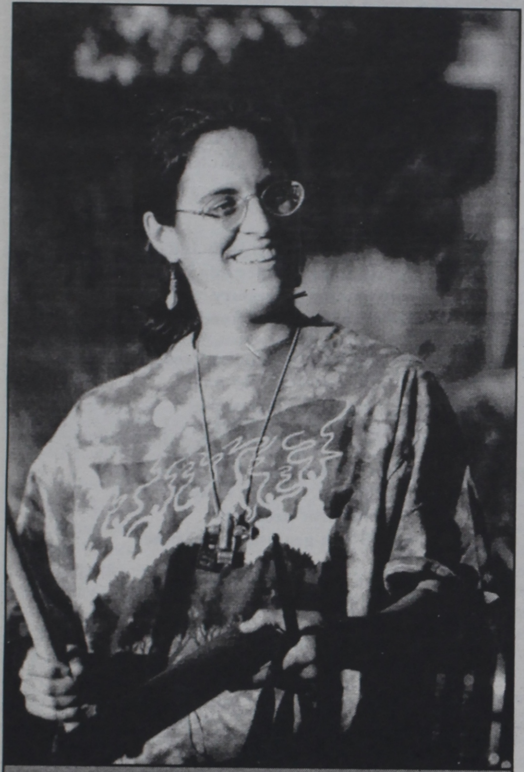

Lori Fithian leads community drum circles and workshops. She is also a very talented artist.

Aaron "was a Buddhist monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition." Eight books of Aaron's teachings have been published.

Rafael Abrams is a Hatha and Ashtanga Yoga practitioner, and studied with Guruji and Sharath at the Ashtanga Yoga Research Institute in Mysore, India.

Linda Adamcz, LMSW, was certified in 1998 as a practitioner of integrative breathwork and psychospiritual integration through Eupsychia Institute. She has worked as a therapist, case manager and group facilitator in the field of mental health for over 16 years.

Aegis Consulting teaches the art of swordsmanship as a martial art.

Laurie Akerros, BA, MA, LMT, is a member of the International Network of Esoteric Healing worldwide teacher group, and has had 25 years of training and experience in alternative healing modalities, including cranial-sacral therapy, esoteric healing, massage and vibrational essence therapies.

Ann Arbor Art Center is a community visual arts center that provides monthly exhibitions, a gallery shop featuring work of local and regional artists and classes and workshops for all ages and skill levels.

Ariel and Cayce are students of Norman Paulsen, devoted spiritual seekers and resident members of the Solar Logos Church of Self-Realization.

Arts In Motion Dance Studio offers classes in modern, ballet, jazz, tap, creative movement, ballroom, musical theatre and pilates for toddlers, girls, boys and adults.

Astrology Study Group of Washtenaw County will become an NCGR chapter in 2005. Bon Rose Fine, Jill LaLiberte, Jan Hazecamp, Jim Dragun and Rod Smith are the acting executive board responsible for making that transition.

Leland Austin, MA, is a Certified Advanced Rolfer and has practiced Rolfing for 20 years. He studied Bodynamics, a body-oriented psychological work from Denmark, for five years as well as the spiritual practice of the Diamond Approach for seven years.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher, and has taught connected breathing for over 25 years.

Gail Balden is an author, founder and director of Creative Journeys, an organization in Oregon designed to bring women together to nurture their creative spirits and honor their creativity through writing.

Beth Barbeau has spent 20 years transforming her passion for babies into the art and profession of childbirth educator, labor and postpartum doula, and homebirth midwife.

Barb Barton is a wildlife biologist, artist/activist and shamanic practitioner, who offers shamanic services to womyn.

Deanne Bednar is an educator, artist and coordinator of the Strawbale Studio Natural Building Project – a thatched roof, sculptural structure in Oakland County. She illustrated *The Natural Plaster Book* and *The Hand-Sculpted House*.

Patricia Benson, OP, is assistant professor of spirituality at Marygrove College in Detroit and associate director of the Pastoral Ministry Program.

Betsy Bergstrom is a full-time native Shamanic Practitioner from Seattle, Washington.

Laurie Blakeney is a senior certified Iyengar yoga teacher since 1977.

Jill Blixt is a creativity and life transition coach, motivational spearker and working writer/artist. Her career has included 20 years as owner/creative director of an award-winning advertising agency and 7 years as a co-founder of an Ann Arbor art gallery.

Carol Blotter, Dorothy Ann Coyne, Frank Levey, David Lawson and Susan Weir are senior Deep Spring Center teachers who have many years of Vipassana practice, and teaching experience and training through the DSC teacher's training program.

John Bodary, RPP, has practiced and taught Polarity Therapy for 30 years. He established Polarity Center in 1987.

Eileen Bond, MSW, utilizes hypnosis in her psychotherapy practice to help with anxiety, depression, stress reduction and spiritual growth. She is also on the faculty of the UM Center for the Child and Family.

Michele Bond is a student and teacher of Anusara yoga. She holds a third degree black belt in tae kwon do and has many years experience in dance, jujitsu, gymnastics, stunt fighting and sword play.

Michael Bratcher, NCTMB, combines energy work with therapeutic massage. The modalities he has studied include Reiki III, Healing Touch, Polarity Therapy and Chinese Energetic Medicine.

Patty Brennan has 23 years experience working as midwife, doula and childbirth educator. She is Executive Director of Center for the Childbearing Year and author of Guide to Homeopathic Remedies for the Birth Bag and Vaccinations: Concerns & Alternatives Sourcepack.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life and teaching. Barbara is also a channel for the spirit, Aaron.

Lorna Brown is a Melchizedek priest, spiritual coach, healer and ceremonialist. She has presented seminars and workshops in relaxation, meditation, metaphysics and the spiritual journey since 1972.

Chris Campbell has been practicing tai chi for over 18 years. He teaches 22 classes per week with more than 220 students.

Gayuna Cealo, native of Japan, is a Burmese Buddhist monk revered as a living Buddha. Cealo's charitable activities for the children of Southeast Asia have been the hallmark of his spiritual path.

Colleen Charles works as an angel intuitive, giving individual and group angel guidance sessions. She also performs individual energy sessions, is a Reiki Master and works with animal guides.

Center for the Childbearing Year is a non-profit educational and charitable agency founded by Patty Brennan.

Judy Crookes is a professional channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends and writes articles. Based in Ann Arbor, she travels to present Jacob across the U.S.

Dance Gallery Studio, home to the Peter Sparling Dance Company, is a non-profit center for dance serving the community since 1984. The studio offers training to students of all ages and abilities.

Amy Dean, DO, practices environmental medicine at the Ecological Internal Medicine clinic in Ann Arbor.

Dell Deaton is a trained Domestic Relations Mediator and a life/transition coach in practice since 1983.

Christy DeBurton is a certified and registered interdisciplinary yoga teacher trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan. She has taught yoga since 1998.

Nicholette DeMeulemeester, has a bachelor's in metaphysics, and is a certified hypnotherapist and shamanic healer with 20 years experience.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As a part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity. Its senior teachers include Ann Barden, Carol Blotter, Cassie Cammann, Dave Coupland, Dorothy Ann Coyne, Larissa Czuchnowsky, Susan Klimist, David Lawson, Frank Levey and Susan Weir.

Joan Delaplane, OP, taught homiletics for 25 years. She conducts several preaching/lector workshops and offers several preached retreats per year.

Divorce Reality seminars are designed for individuals in all stages of the divorce process. Programs are sponsored in part by divorcePeers.com, a free-access community service website dedicated to Southeast Michigan.

Dr. Jim Dragun is a businessman and scientist who utilizes his knowledge and expertise as a business/financial advisor. He is also a student of financial astrology.

Rita Dryman is a professional artist, teacher, dancer and 12-year member and current resident of Song of the Morning Ranch.

Kate Durda and Stephanie Tighe are both shamanic practitioners and graduates of the Foundation for Shamanic Studies.

Ryan Edwards has travelled extensively in Guinea, West Africa, exploring the traditions of the djembe, dununs and balafon.

Charles Eisenstein is an author, yogi, herbalist, translator and one of Penn State University's most popular teachers. His 2003 book, *The Yoga of Eating*, was a Nautilus Award finalist.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process and works part-time at Crazy Wisdom Bookstore.

Sam Ewalt is an experienced meditator and member of The Bluewater Community for Mindful Living in Port Huron.

Frances Farmer is a practitioner and certified Ohashiatsu instructor. She has been practicing Ohashiatsu for over ten years in Ann Arbor.

Workshop Leaders and the Centers

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director, and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She has served as President of The American Polarity Therapy Association. She has taught herbology for five years at The People's Food Coop. She is the author of *Spinach & Beyond*, *Massage: Learning to Give and to Receive* and *Dying Again: Thirteen Years of Writing and Waiting*.

Pat Fero, MSW, CSW, received her Masters in Social Work at the U of MI. A psychotherapist at St. Joseph Mercy and in private practice in Ann Arbor, she works with individuals, couples and families, and also does personal coaching.

Bon Rose Fine has been an avid student of astrology for over a decade, and started her practice as a professional six years ago. She offers private consultations, teaches, writes and lectures, and helps coordinate the Astrology Study Group of Washtenaw County, which she founded in 1994.

Sandra Finkel, MPH, is owner of Intentional Balance, a life coaching practice specializing in stress reduction for individuals, businesses and non-profit organizations. She is co-founder of Jewel Heart Buddhist Center.

Lori Fithian has been drumming as long as she can remember and facilitates community drum circles and workshops in schools, libraries, workplaces, etc., creating "drummunity" wherever she goes.

Gayle Fitzgerald is a master healer and numerologist, Certified Medical Intuitive and DNA practitioner, animal communicator, channel and metaphysician.

Mary Ann Flanagan, IHM, is director of the office of church ministries of the diocese of Saginaw and has taught at various colleges and universities in the U.S.

Heather Foster has been a student of hatha yoga since 1996 and is an affiliated Anusara yoga instructor.

Marcella Fox is an intuitive with extensive training in shamanism in Peru, the U.S. and Canada, and is a Reiki Master.

Frame Factory has been serving Ann Arbor for over 20 years, offering full service custom framing, a gallery of local and national artists, fine art instruction and craft workshops.

John Fredericks has practiced channeling, automatic writing and various forms of divination and prognostication since 1985.

John Friedlander is an internationally acclaimed psychic, author, and teacher with degrees from Duke University and Harvard Law School. He co-authored *Basic Psychic Development: A User's Guide to Auras, Chakras and Clairvoyance*, named one of "Ten Best Psychic Books of the Year" in 1999 by Amazon.com.

Mark Froelich is a Shambhala meditation coordinator and 1984 graduate of the MA program in Buddhist psychology, Naropa University.

Melanie Fuscaldo, LPS, NCC, is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of body, mind and spirit.

Ina May Gaskin is founder and director of the Farm Midwifery Center in Tennessee, is a prominent speaker and has authored the classic *Spiritual Midwifery*.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing various avenues to explore body-mind-spirit. The Center offers ritual and ceremony, workshops and seminars, and health-oriented classes and services.

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor. She holds a monthly channeling evening at Crazy Wisdom Bookstore.

Michael Gibson is a certified yoga and pilates instructor as well as an MSW life coach.

Rosemary Gladstar is an internationally respected and renowned herbalist. She founded the CA School of Herbal Studies, The International Herb Symposium, the Women's Herbal Conference and the United Plant Savers. She is the author of many books on herbal medicine, including *Herbal Healing for Women* and *A Family Herbal*.

Mary Gliedt has a Masters in Counseling and Psychology, and has worked with and is currently being mentored by Jonathan Ellis, a well-known spiritual director.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health, and he teaches with the Practical Psychic Center of Ann Arbor.

Great Lakes Center for Healing Touch is a non-profit organization dedicated to providing the benefits of Healing Touch to the community and assisting students to become certified practitioners.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual and personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes places through the study and application of the Pathwork lectures.

Cecile Green is an owner of Landscaping for the Heart and Soul, and works with her spiritual teachers Brenda Morgan and Michael Silverman.

Alice Greminger is certified by the Alexander Foundation of Philadelphia and has been teaching since 1985.

Christine Griffin, MSW, ACSW, is a psychotherapist with 22 years experience, certified hypnotherapist, teacher and shamanic practitioner.

Mark Handler, MA, CSW, LLP, is the founder of Sound Therapeutics specializing in Tibetan singing bowl concerts, seminars and private sessions.

Nirmala Nancy Hanke is a long-time meditator who teaches meditation classes at the Lighthouse Center. She is also a psychiatrist who integrates psychotherapy, Reiki, healing and meditation in her private practice in Whitmore Lake.

Rev. Dr. Victoria Jewel Hart is a spiritual path minister and transcending matrix energetic healing practitioner. She leads discussions in A Course in Miracles and offers prophetic consultations.

Geoff Hoebbel holds a BS and Masters in Education/Administration, and is a life-long educator.

Inward Bound Yoga consists of Barbara Brookens-Harvey, Dottie Coyne, Cathy King, Martha Laatsch, Barbara Linderman, Marlene McGrath, Lynette Smith, Jonathan Tyman and Dennis Vogt. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions and teachers. All classes emphasize integrated breathing techniques and include a period of relaxation. Barbara Linderman is the program director of Inward Bound.

Christine Jach is a local teacher supporting the regular visits of Gen Kelsang Khedrub.

JAYA performs annually with Ammachi on tour and has produced several cds.

Jewel Heart Tibetan Buddhist Center of Ann Arbor offers a graduated study and practice program based on the teachings of Gehlek Rimpoche. Open to all, these classes are especially intended for those wishing to study the Tibetan Buddhist path in a systematic and in-depth manner and include meditation and discussion.

Sheree Johnson is senior Therapist/Trainer at Gestalt Ann Arbor, and is a licensed holistic psychotherapist specializing in the Gestalt Approach to Couples Therapy with over 24 years experience in the counseling field.

Gen Kelsang Khedrub, ordained in 1995, is resident teacher at Vajrayana Buddhist Center in Chicago.

Karen Kerns, RPP, has been a massage/polarity practitioner for 20 years, and currently practices in South Lyon and Ann Arbor at Polarity Center.

Jillian Kerry has been a certified tarot reader and a student of astrology for 20 years. She is currently studying for her level 1 astrological certification through NCGR. She has a private practice as a certified professional life coach.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes and conducts private channeled readings with an emphasis on healing one's life. She offers channeled sessions with St. Germain to remove blocks from previous lives.

Laurie Krauth, MA, is a psychotherapist specializing in cognitive-behavioral approach to anxiety, Obsessive Compulsive Disorder and depression. She also sees couples and uses Eye Movement Desensitization Reprocessing for unresolved traumas.

Linda LaCrosse has more than 30 years experience in planning and coordinating seminars, educational sessions, meetings and social events. She studied psychology and engineering at U of MI and has worked as mechanical and electrical engineer for 12 years and is certified from the International Medical and Dental Hypnotherapy Assocation.

Jill La Liberte has been studying astrology since 1992 and is on the executive board of ASGOWC, as well as a member of the International Society of Astrological Research.

Kirk Laman, a board certified cardiologist, has been given the title of Mucaddem, and is a Master Sufi teacher. He has been teaching Sufism for 7 years.

Lori Larson has been training in Golden Shield Qi Gong and has been associated with the American Academy of Comparative Medicine for six years, and has practiced transcendental meditation for 28 years.

Mary Light is a master herbalist with over 20 years practice in the healing arts, and director of Gaia Center for Holistic Studies, offering programs for professional and personal enrichment.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes and programs in spiritual development, meditation, Reiki and related topics.

Carolyn Lippens, NCTMB, MA, has an extensive background in Shiatsu, QiGong and Chi Nei Tsang. She has studied at the Chi Nei Tsang Institute and is a graduate of the San Francisco School of Massage.

Etta MacDonagh-Dumler has completed a two-year intensive training on Sacred Contracts at the Caroline Myss Education Institute in Chicago. A native of Ireland, she currently lives in Ann Arbor.

Susan Major is trained in the Emotional Freedom Technique, CranioSacral Therapy and Touch for Health, and is a certified reconnective healer and Reiki Master. She is a student of A Course in Miracles and a mother of two.

Gloria Marshall holds a B.A. in English and Sociology and has a strong interest in Native American spirituality and shamanism. She is also trained in Reiki, intuition and animal communication.

Debbie Mast is a 20-year apprentice to the Sweet Medicine SunDance tradition and has taught internationally for 14 years. She is co-leader of the Flowering Tree Lodge and instructor in the Red Lodge shamanic training program.

Patricia McAninch is assistant director of Bellanina Institute, an educational institute for massage therapists, estheticians and healing arts professionals.

Barb McConnell is a licensed practical nurse, certified healing touch practitioner and instructor with a private practice in Grass Lake.

Jim McDonald has been practicing the art of herbcraft for over 11 years, is a community herbalist, manic wildcrafter and medicine maker.

Nick Meima is a founding member of Sunward, the first cohousing community in the state, and is a partner in the development company that helped found Great Oaks and Touchstone communities.

Michele Mendy, master dancer and stilt walker, is a former member of the National Ballet of Senegal.

Siddiq John and Sylvia Majida Middlebrooks have studied the Sufi path of the heart for the past 20 years. Both are Certified Leaders of the Dances of Universal Peace. Siddiq is a teacher in the Sufi Ruhaniat esoteric school in the lineage of Pir-O-Murshid Hazrat Inayat Khan and Murshid Samuel L. Lewis. Sylvia is a certified Trager practitioner in Ann Arbor.

Brady Mikusko, MSW, is a trained mediator and has been mediating divorces since 1991. She is also a relationship therapist.

Teachers, Lecturers, Workshop Leaders and the Centers

Richard Miller has 25 years experience in traditional Chinese martial arts.

Dan Millman, former world champion gymnast, university coach and college professor, is the author of numerous bestselling books that have inspired millions of readers in 29 languages. A popular speaker worldwide, he conducts seminars and workshops that have influenced men and women from all walks of life. Dan and his wife live in northern California.

David Miracle is a Master Sufi teacher and has been conferred the title of Naqib. He has been teaching Sufism for 7 years.

Susan Morales, MSW, is a psychotherapist and owner of Bodies in Balance Fitness Studio, and has been a meditator for 15 years.

Brenda Morgan has been blessed with a spiritual transformation in which "Inner Enlightenment/No Mind Within" has occurred. She teaches regularly to share her wisdom.

Rhonda Morgan has been a professional psychic for over 20 years and has been teaching in divination topics at Boston Tea Room for the past five years.

Oriah Mountain Dreamer has shared her stories and insights with audiences throughout the world at conferences and retreats and through radio and TV appearances. Blending ruthless honesty, humor, insight and compassion for our human struggle, Oriah seeks to inspire and challenge herself and others to live life fully. Oriah draws upon her years of training in an intertribal tradition of shamanic medicine, as a facilitator of spiritual retreats, as a social worker assisting women and families in crisis and as a student of philosophy in seeking to understand how we can be all that we truly are. She has two grown sons and lives north of Toronoto with her husband.

Sidi Muhammad al-Jamal is a Master Sufi Shahykh. He is the head of the Higher Sufi Council of Jerusalem and the Holy Lands and is a teacher and former Imam at the Al-Aqsa Mosque and Dome of the Rock in Jerusalem.

Joanna Myers is a certified Feldenkrais Practitioner and professional violinist who teaches at Ann Arbor School for Performing Arts.

Joy Naylor is a professional interior designer and certified feng shui practitioner.

New Moon Midwifery is an active homebirth midwifery practice serving the Ann Arbor and surrounding community.

Mariah Pixi Nyies is educated in business and art, and holds a Master Gardener degree with interests in astrology, jewelry making, sacred geometry and shamanism. She is a Flower of Life graduate.

Sondra O'Donnell is a Registered Yoga Teacher and has 15 years yoga experience.

Heather O'Neal, owner of Of Global Interest Adventure Travel, leads treks and tours to Nepal twice per year.

Lucinda Orwoll, PhD, is a licensed psychologist who combines transpersonal with traditional approaches.

Sifu Genie Parker is a disciple of Sifu Wu Kwong Yu. She has been teaching and studying Wu Style Tai Chi Chuan for over 17 years.

The Pathwork is a spiritual path of self-purification and self-transformation on all levels of consciousness. The teachings emphasize honest self-examination to remove and overcome inner obstacles that keep one from living fully in God-self.

Trish Pellerito is a performer, entertainer and professional instructor with 20 years experience, and is fluent in Japanese.

Performance Network is a local, not-for-profit professional theatre offering plays year-round.

Jan Phillips teaches at the International Women's Writing Guild and conducts creativity and spirituality workshops. She has been published in several national magazines and is the author of *Marry Your Muse: Making a Lasting Commitment to Your Creativity* and *Making Peace: One Woman's Journey Around the World.*

Judy Piazza is an internationally recognized educator, performer and sound healer, and has studied rhythm and sound traditions among many indigenous cultures.

Rachel is a senior reader at Boston Tea Room and specializes in spirit communication.

Kate Rose is a dancer, movement educator and Trager practitioner currently living in Italy, and was a student of Dr. Milton Trager.

ShuNahSii Rose is an educator, artist and healer in full-time private practice since 1990. Her work emphasizes the wholistic empowerment of women and girls.

Anita Rubin-Meiller and Dawn McCalla have been working in the fields of addiction and trauma recovery for over 20 years.

Gail Rucker has taught yoga and movement for 35 years and incorporates the principles of Anusara alignment and the artistry of expressive movement. She is also a practitioner of Siddha Yoga Meditation.

Merilynne Rush and Amanda Smith of New Moon Midwifery are homebirth midwives with an active practice serving the Ann Arbor community. There are also both mothers.

Renee Rutz, RPP, is currently established in Ann Arbor as a Polarity, Massage and Craniosacral practitioner, and teaches at Polarity Center.

Sacred Earth Care is an ecological organization providing education, community involvement and healthy alternatives to improve our earth, air and water. They have 16 years experience providing healthy, organic alternatives for your yard, including biodynamics, soil remineralization and sound-stimulated foliar feedings.

Sue Salaniuk, Sally Rutzky and Nancy Udow are Iyengar Yoga National Association Certified Instructors with an average of 15 years teaching experience.

Melisa Schuster is a clinical social worker with nearly 15 years experience as an individual and family therapist. Her private practice specializes in postpartum depression, traumatic birth, childbearing losses and parent-child relationship.

Sarah Sharkey, OP, is a professor of Sacred Scripture at the Oblate School of Theology in San Antonio.

Amanda Sharrai transitioned from the SAD diet over four years ago and is currently 90% raw food vegan.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits and aptitudes, career, relationships, business, wealth and wellbeing, as well as all other aspects of life.

Malcolm Sickels, MD, is board certified in family medicine and holistic medicine with a private practice in Ann Arbor.

Victoria Silks is certified by Art and Science International Academy of Color Technologies as a Level 3 Auro-Soma teacher, and has been working with Auro-Soma since 1995.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year and as an Infant Massage Instructor. The focus of her work is on the special needs of women during pregnancy, birth and postpartum.

Lynlee Sky is a yoga instructor certified in the Iyengar method of yoga.

Mary Southard is an experienced educator, spiritual companion, retreat director and workshop leader/facilitator.

Barbara Stanbridge, IHM, has had extensive training at the Gestalt Institute. She has a Master's Degree in Religious Studies from the University of Detroit as well as a Master's Degree in Human Resource Development from the American University in San Diego.

Ema Stefanova has taught yoga and meditation in Europe and the U.S. since 1979. She has trained with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, founder of the first yoga university, and is a Registered Yoga Alliance Teacher.

Judy Stone, is a nutritionist with a holistic approach to wellness and a health activist working to help people find alternatives to prescription medicine. She is the author of *Take Two Apples and Call Me in the Morning.*

Students of the School of Orthopedic Massage and Bodywork have completed at least one quarter of their 800 hour education and offer massage, facials and reflexology sessions with staff supervision.

Monica Stuhlreyer, IHM, is certified in spiritual direction by the Center for Religious Development in Cambridge, MA, and has served as pastoral associate.

Ven. Samu Sunim of Zen Buddhist Temple in Ann Arbor was originally trained in the Zen mountain monasteries of Korea, and since 1967 when he arrived in the U.S., he has established temples in Ann Arbor, Toronto, Mexico City and Chicago.

Mary Tillinghast has managed Castle Remedies for over 20 years and received hands-on training with Dr. Lev Linkner.

Karen Ufer established Yoga Focus in 1994 and has 20 years of teaching experience.

University Musical Society is a non-profit arts presenter bringing the best touring music, dance and theater to Ann Arbor for 126 years, hosting more than 70 performances and 150 educational events annually.

Visitation Spirituality Center offers a spacious natural setting including a barn-chapel, library, retreat house and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs welcome.

Cam Vozar, MSW, is a psychotherapist in private practice and has worked with men and their families for over 20 years. He is a Level II EMDR certified therapist.

Carol Weber, OP, is the director of the New Life Center, a process of personal growth and development for single mothers and grandmothers in Flint. She also teaches in the Lay Ministry Formation Program at Marygrove College and Siena Heights University.

Leigh Westin, MS, MA, serves on the NCGR Board as the Coordinator for Chapter Development. The author of *Beyond the Solstice Declination*, she has been widely published in astrological periodicals.

Frank Wheeler is a long-time Golden Lotus Yoga teacher and workshop facilitator.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 24 years experience in the healing arts and 17 years teaching at massage schools in Washington D.C. and Ann Arbor. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher.

Lisa Wolf, MA, LLP, is a clinical psychologist and Pathwork Helper and psychotherapist. She is also a musician and a mother.

Terri Wong, founder of Astarte Yoga in Farmington, teaches yoga classes for all abilities.

Yoga Focus teachers are certified instructors and longtime yoga practitioners.

Yoga Practice Center teachers are certified instructors teaching Iyengar yoga.

Wasentha Young is a Master and scholar in the art of T'ai Chi Ch'uan and Chi Kung and received formal instruction in Taoist and Buddhist meditation. With over 34 years of experience in her field, she lectures on the benefits of TCC, Chi Kung, and meditation as it relates to emotional, spiritual, and physical wellbeing. She is director of the Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung and the primary facilitator of the Harmony of Energy Center, and is also a certified Acupressurist.

Edward Yu, GCFP, is known for his innovative teaching style and has worked extensively with senior citizens through the Chelsea Community Hospital, Elderwise, Pittsfield Senior Center and Ann Arbor Community Rec and Ed. He is a teacher of tai chi, pain and stress management, walking and running.

Christy Zarek, NCTMB, is a graduate of Ann Arbor Institute of Massage Therapy.

Karlta Zarley, RN, CHTP, has 24 years experience in preventative and holistic nursing care, and is a Certified Healing Touch Practitioner and Traumatic Incident Reduction Practitioner. She has been in private practice in Ann Arbor for six years as a professional Patient Advocate, Educator, Healer and Spiritual Director.

Zen Buddhist Temple in Ann Arbor offers meditation and yoga classes, as well as retreats, lectures, and Sunday services. Classes and retreats are led by Reverend Haju Sunim, Resident Priest, who has been teaching yoga since 1975 and meditation since 1985, as well as other senior members of the Temple.

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